



# Self-Care Guide & Content Warnings.

**NOTTINGHAM  
PLAYHOUSE**

Photo Credits: Marc Brenner

We have created this document to support audiences attending performances of Dear Evan Hansen at Nottingham Playhouse, 9– 28 September 2024.

We are aware that this show has the potential to be challenging for members of the audience, especially for those who have personal proximity to the topics and themes covered within the narrative.

We have collated information and resources in this document with the aim of supporting audiences experiencing the show, and offering help for those who might find themselves affected by the contents or have concerns about their visit.

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# About The Show

**The Olivier, Tony & Grammy Award-Winning Best Musical**

**Today is going to be a good day. And here's why...**

Meet Evan: an anxious high school kid who wants nothing more than to fit in. The thing is, on his way to fitting in, he didn't tell the whole truth. And now must give up on a life he never dreamt he'd have. As events spiral and the truth comes out, Evan faces a reckoning with himself and everyone around him.

Packed with some of the biggest musical theatre songs of the last decade, Dear Evan Hansen has a score by Benj Pasek and Justin Paul (Oscar-winning composers for The Greatest Showman), book by Steven Levenson and more awards than can be listed here. Well ok, we'll mention a few: its Tony® Award for Best Musical, Olivier Award for Best New Musical, Grammy® Award for Best Musical Theatre Album...no big deal but the list goes on!

With direction by Adam Penford (Artistic Director), this brand-new production marks the first time that the Broadway and West End phenomenon will tour the UK and Ireland following its premiere at Nottingham Playhouse. So tell your friends, wherever they are, #YouWillBeFound with the Dear Evan Hansen tour from Autumn 2024.

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# **Content Warnings**

Age Recommendation: 12 yrs+

This production contains references to suicide, bullying and mental health issues. This production may contain strobe lighting, flashing lights, haze and loud music.

Running time: Approx. 2hr 30 mins plus interval





Killian Thomas Lefevre as Connor Murphy



# What Is Self-Care?

Self-Care is about listening to the need in ourselves to care for ourselves, especially in situations that may offer us difficulties. It is about making choices that help us live our lives as fully as we can, and making it the best version of life it can be. The concept of self-care derives from the Black Feminist movement.

For this document, we have been influenced and inspired by the work of other theatres and companies, including New Diorama Theatre, Clean Break, Nouveau Riche, Sheffield Theatres, and the Bush Theatre.



# Self-Care Suggestions

## Before The Show

### **Read the Summary or Synopsis**

Preparing yourself by reading the summary, synopsis, or content warnings may help you decide if you are comfortable with the content, and also help you gauge if there are any points you may not be comfortable with.

## During The Show

### **Watch With Someone**

Attending the show with someone who you trust, who knows you and your connection to the subject of the play, may help with the experience. They may be able to recognise when you need help or support and can assist you.

### **Step Away**

It is important to know in yourself when it is time to step away, and there is nothing wrong with deciding that the show is not for you or is too much. The Front of House team are on hand if you want to leave.

## **After The Show**

### **Breathe**

Breathing is a good way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, then exhaling for four seconds. Repeat this as long as you need. This is called Box Breathing.

### **Ask For Help**

If you found the content of the show distressing, try talking to someone you trust or contacting one of the organisations listed below







# Helplines & Support

If you have been affected by, or would like to learn more about, any of the themes raised in Dear Evan Hansen, please see below for a list of organisations who may be able to help.

## **The Mix**

Offers a range of support services for under 25s.

<https://www.themix.org.uk/>

Other Organisations

## **Bullies Out**

Working with young people to end bullying.

<https://bulliesout.com/>

## **Mind**

Offering free mental health support.

<https://www.mind.org.uk/>

## **Positive Social**

Helping young people thrive on social media.

<https://positivesocial.org.uk/>

## **Samaritans**

Providing support to those with suicidal ideation.

<https://www.samaritans.org/>

## **SLOW Group**

Supporting bereaved parents and siblings.

<https://slowgroup.co.uk/>

Richard Hurst as Larry Murphy





Sonny Monaghan as Alternate Evan & Ensemble

