

Cleansed: Self-care Guide

Decompression Space

At the end of the play, the auditorium will remain open for people to sit for a short while before leaving, if they wish. You are also welcome to stay in the foyer or bar after the show to take time to decompress. Our Front of House team are available if you wish to speak to someone about the play or how you are feeling.

Helplines & Support

If you're affected by any of the play's themes and need support, or just want to chat to someone, contact:

The Samaritans for free 24hrs a day, 7 days a week:

Phone - 116 123

Text – text the word SHOUT to 85258.

This is an anonymous service.

If you don't need immediate support but would like to learn more about mental health and services that may be available for yourself or someone you know, we'd recommend looking into the following organisations:

- MIND: <https://www.mind.org.uk/>
- Black Thrive: <https://lambeth.blackthrive.org/>
- Black Minds Matter: <https://www.blackmindsmatteruk.com/>

Suicide & Attempted Suicide

- Samaritans: Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide: [Samaritans.org](https://www.samaritans.org) +44 (0)84 5790 9090
- Papyrus: Prevention of young suicide <https://www.papyrus-uk.org/>
- The Brave Project: @the_braveproject on Instagram
- The Empowerment Group: <https://www.theempowermentgroup.co.uk/about-us>
- Survivors of bereavement by suicide: <https://uksobs.org/>

Sexual Assault

- Rape Crisis England & Wales: <https://rapecrisis.org.uk/get-help/want-to-talk/> or call 0808 500 2222
- The Havens: specialist centres in London for people who have been raped or sexually assaulted. Urgent advice/appointments (24/7) – 020 3299 6900 or visit <https://www.thehavens.org.uk/>
- The London Survivors Gateway: Support to victims and survivors of rape and sexual abuse to access specialist services in London. Freephone – 0808 801 0860 or visit <http://survivorsgateway.london/>
- Survivors UK: Specialist support service for those who identify as male, trans, non-binary, have identified as male in the past, and have experienced sexual violence and/or abuse. They have an online/text/WhatsApp helpline service: <https://www.survivorsuk.org/>
- Solace Rape Crisis: Work with women and girls over the age of 13 who have experienced any form of sexual violence at any point in their lives. They have support workers across Central and North London. Helpline - 0808 8010305 or email rapecrisis@solacewomensaid.org

Drug Abuse

- Change Grow Live: Get information on alcohol and drug use, as well as find local services for support - <https://www.changegrowlive.org/>
- Club Drug Clinic: Information and support for people worried about their use of recreational drugs. The clinic offers help in the London boroughs of Kensington & Chelsea, Hammersmith & Fulham and Westminster on 020 3317 3000 & clubdrugclinic.cnwl.nhs.uk

Torture

- Redress: Help for UK-based survivors of torture <https://redress.org/help-for-survivors>
- Freedom from torture: <https://www.freedomfromtorture.org/get-support>

Thanks & about self-care

Thank you for taking the time to read this guide.

‘Self-care is a conscious act people take to promote their physical, mental, spiritual, and emotional health. It is vital for building resilience towards life's stressors that we can't eliminate.

‘Whether you talk to a partner or close friend about how you feel, or you set aside time for leisure activities that help you process your emotions, it's important to incorporate emotional self-care into your life.’ (*Verywellmind.com*)