

Troubled – Content Guidance

Age recommendation: 16+

This performance contains reference to BPD, alcohol misuse, conflict within home/society, descriptive language around a mental health crisis (inc. reference to self-harm/ hearing voices), bereavement.

The lead artist has created this story based on her own lived experience and subsequent recovery. Whilst these subjects are heavy, they are placed in the context of a recovery journey and a feeling that a journey towards wellbeing is possible.