

This performance includes the following potentially activating topics:

- Mental illness
- Self-harm
- Suicide
- Unwanted pregnancy
- Death / loss of a child
- Drug abuse

If you feel overwhelmed at any time during the performance, please feel free to step outside to take a break or call a loved one to touch base. Please let the usher know when you are ready to rejoin the production and they can help you to your seat. Please do not drive upset.

A list of further resources, in no particular order, for both immediate and long term support are below. For more information regarding gender identity, please see the content notice below.

Suicide Prevention and Mental Health Crisis Hotline – DIAL 988 on your phone or use the website:

<https://www.988california.org/>

Crisis Help Line – a 24/7 texting hotline for mental health support:

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

Grief Support in Santa Clara County – a list of local bereavement support groups

<https://bhsd.sccgov.org/sites/g/files/exjcpb711/files/Grief-Support-in-SantaClaraCounty.pdf>

Santa Clara County Substance Use Services

<https://bhsd.sccgov.org/programs-services/substance-use-services>

National Alliance on Mental Illness – chat rooms, education, support groups

<https://www.nami.org/Home>

Psychology Today – therapist resources

<https://www.psychologytoday.com/us>

Planned Parenthood – general health, pregnancy, and transgender medical support

<https://www.plannedparenthood.org/get-care/our-services>

**Content Notice:** If you have questions about gender identity, or how gender identity, gender expression, and sexual orientation are related, some resources below might also help.

Local Santa Clara LGBTQI+ Community Resources

<https://bhsd.sccgov.org/information-resources/lgbtq-information-and-support/lgbtq-community-resources>

The Trevor Project – chat/text/phone support regarding Sexual Orientation, Gender Identity, Suicide Prevention

<https://www.thetrevorproject.org/get-help/>