



## ***Marriage Material*/Content Warnings**

Gurpreet Kaur Bhatti's *Marriage Material*, based on the novel by Sathnam Sanghera, contains language and scenes that may impact some audience members. Details are outlined below – **please note the following does contain plot spoilers.**

If you would like to know more about the play, and any specific themes that are particularly upsetting to you, please call 020 8741 6850 or email [tickets@lyric.co.uk](mailto:tickets@lyric.co.uk)

The play contains strong language and sexual references; racism and racial slurs; anti-immigrant sentiment; religious discrimination (in particular, Sikhphobia); arson as a form of martyrdom; misogyny; body shaming; family conflict; terminal illness; death and bereavement; mental health struggles; emotional abuse; infidelity; substance abuse; depictions of drunkenness.

This list of resources are here to help signpost to organisations that provide expert support, information and advice.

<b>MIND</b> Providing advice and support to anyone experiencing a mental health problem.  Tel: 0300 123 3393 Web: <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	<b>TARAKI</b> Mental health advocacy and support for Punjabi communities.  Email: <a href="mailto:info@taraki.co.uk">info@taraki.co.uk</a> Web: <a href="https://www.taraki.co.uk/">https://www.taraki.co.uk/</a>
<b>STOP HATE UK</b> A support service for those who have experienced discrimination and hate crime.  Tel: 0800 138 1625 Web: <a href="https://www.stophateuk.org/">https://www.stophateuk.org/</a>	<b>THE MONITORING GROUP</b> Providing advice and support to victims of race, religious and other hate crimes.  Tel: 020 7582 7438 Web: <a href="https://tmg-uk.org/">https://tmg-uk.org/</a>
<b>SIKH HELPLINE</b> An emotional and wellbeing listening service, available Monday to Saturday, 10am to 6pm.  Tel: 0799 900 4363 Web: <a href="https://www.sikhhelpline.com/">https://www.sikhhelpline.com/</a>	<b>MARIE CURIE</b> Offering care and support for people with terminal illnesses and their loved ones.  Tel: 0800 090 2309 Web: <a href="https://www.mariecurie.org.uk/">https://www.mariecurie.org.uk/</a>
<b>CRUSE BEREAVEMENT SUPPORT</b> Support for those experiencing grief and loss.  Tel: 0808 808 1677 Web: <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a>	<b>WE ARE WITH YOU</b> Support for adults and young people facing challenges with drugs, alcohol and mental health.  Tel: 020 7251 5860 Web: <a href="https://www.wearewithyou.org.uk/">https://www.wearewithyou.org.uk/</a>

**REFUGE**

Specialist support for women experiencing domestic violence.

Tel: 0808 200 0747

Web: <https://refuge.org.uk/>

**SOUTHALL BLACK SISTERS**

Support for Black and minoritised women facing violence or abuse.

Tel: 020 8571 0800

Web: <https://southallblacksisters.org.uk/>