

Iphigenia in Splott

Content Warning and Support Resources

Gary Owen's *Iphigenia in Splott* includes references to sensitive life experiences that may impact some audience members.

This production contains flashing lights, strong language, sexual references and includes sensitive subject matter including neonatal loss.

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

If you would like to know more about the play, and any specific themes that are particularly upsetting to you, please call us on 020 8741 6822 or email tickets@lyric.co.uk

CHARITIES

SAMARITANS - a listening service, giving you somewhere to talk about your problems 24/7.
Tel: 116 123

SANDS - providing help to anyone affected by the death of a baby.
Tel: 0808 164 3332

ACHING ARMS - providing support to bereaved parents.
Tel: 07464 508994

FOODBANK - providing emergency food to people in crisis in Hammersmith & Fulham.
Tel: 020 7731 3693

THE TRUSSELL TRUST - offers an extensive list of Food Bank services nation-wide.
Tel: 0808 208 2138

MIND - providing advice and support to anyone experiencing a mental health problem.
Tel: 0300 123 3393

PODCASTS

GRIEFCAST

THE PARENT HOOD 'NAVIGATING MOTHERHOOD AFTER LOSS'

THE WORST GIRL GANG EVER

SOCIAL MEDIA ACCOUNTS

@IHADAMISCARRIAGE - Jessica Zucker is a psychologist specializing in women's mental health.

@HEADSPACE - a space for mindfulness and wellbeing resources.