

# I LOVE YOU, NOW WHAT?



BY  
SOPHIE  
CRAIG

•PLEASANCE•

**WE HAVE CREATED THIS RESOURCE FOR AUDIENCE MEMBERS TO USE IF THEY FEEL AFFECTED IN ANY WAY BY THE CONTENT OF THIS SHOW.**

# Need someone to talk to?

Sometimes having someone to talk to can help. Some of the triggers in the show are death, grief and terminal illness. If you have been affected by these themes, or anything else in the show then there are many organisations that offer free telephone support. Here are a few outlined below:

## **Samaritans**

Call **116 123**

## **Campaign Against Living Miserably (CALM)**

Call **0800 58 58 58**

or CHAT on their website <https://shorturl.at/jkquB>

## **PAPYRUS**

Call **0800 068 41 41** or Text **07860039967**

Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## **The Black African and Asian Therapy Network**

<https://www.baatn.org.uk/>

## **Shout Crisis Text Line**

Text 'SHOUT' to **85258**

## **SOS Silence of Suicide**

Call **0808 115 1505** Every weeknight 8pm until midnight

Between 4pm and midnight on Saturdays and Sundays

## **Talking Change NHS**

<https://www.talkingchange.nhs.uk/resources>

## **MIND**

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

# Need someone to talk to?

**Cruse Bereavement Support** are proud to have been supporting Sophie Craig at her performances of 'I Love You, Now What!' in London. We are delighted to support it as it now tours to the Edinburgh Festival.

Grief can be devastating, and it is really important that you give yourselves time when someone that you know dies. You don't have to go through this alone - our services are free and we have trained volunteers who will assist you in understanding what you are experiencing, where to find hope and a way forward.

## **Cruse Scotland Bereavement Support**

Call free on: 0808 802 6161

<https://www.crusescotland.org.uk/how-can-we-help/>

## **Cruse Bereavement Support UK**

Helpline: 0808 808 1677

<https://www.cruse.org.uk/get-support/>

**Cruse** services are free to all that need them and we rely on donations to support this life changing support. If you would like to make a donation towards our services, you can donate through the website or please use the QR code to leave a gift that will offer hope to someone at a time that they need it most.

<https://donate.givetap.co.uk/d/lg54re7h?qr-id=1-url>

