

LA BOITE THEATRE PRESENTS A BELVOIR ST PRODUCTION

BLUE

BY THOMAS WEATHERALL
DIRECTED BY DEBORAH BROWN



**LA
BOITE**

IN-DEPTH CONTENT ADVISORIES

This information may contain spoilers.
Subject to change without notice.

BACKGROUND

As a company with a heavy emphasis on new work, La Boite Theatre productions are largely developed and rehearsed in-house. During this creative journey there can be a lot of changes as scripts are redrafted, actors discover new things, designers add new elements, and directors continuously making changes right up to before the show opens. At La Boite, we will always endeavour to do our best to warn you well in advance regarding what you're about to see, but it's important to be aware that things may change at the last minute.

Headline content advisories are listed on our website and will be displayed on Front of House signage throughout the venue on the night.

Comprehensive advisories will be updated and will also be available from Box Office staff on the night. If you would like to know what you're in for, check back in here for the latest information.

AGE SUITABILITY

Recommended for audiences aged 15+.

HEADLINE CONTENT ADVISORIES

Contains references to suicide, the use of coarse language, theatrical haze and herbal cigarettes.

SUBJECT TO CHANGE

Please check back closer to the time of performance for an updated list of potentially sensitive content. If you have questions or concerns, please email or call (07) 3007 8600 prior to your visit or speak to our Box Office and Front of House team on the night for more information or advice.

CONTACT

Phone:	Monday – Friday, 10:00AM – 5:00PM	(07) 3007 8600
Email:	General Enquiries / Ticketing	ticketing@laboite.com.au

LA BOITE THEATRE

Physical The Works Level 5, 6-8 Musk Ave Kelvin Grove Qld 4059

Postal PO Box 232, Red Hill LPO Qld 4059 **ABN** 53 773 048 867

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NOTICE

**THE FOLLOWING INFORMATION
CONTAINS PRODUCTION / STORY
SPOILERS.**

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CONTEXT

The entire performance is delivered as a monologue, with Mark speaking directly to the audience. It is revealed at the concluding scenes of the play that it's the night following the funeral service for his mother.

IN-DEPTH CONTENT ADVISORIES

Abuse / Violence - Verbal

Offensive and/or intimidating language that leads to fear of safety or perception of violent provocation - including digital and coercive control.

After a phone call with his mother, Mark is panicked and frantic, and explains to his roommate and newfound companion Effy the situation. Mark becomes agitated and recalls how he yelled at her in the 'cruellest, meanest and ugliest way', after which she left without a word and locked herself in her room.

Abuse / Misuse / Addiction - Substance

Disordered substance use, dependence, addiction, and withdrawal.

Mark calls the mother of his friend Adam a "junkie" when recalling finding out about her death. It is not explicit if her death was drug related.

Mark recalls one night when his brother John snuck out at night and came home 'absolutely stoned'.

Mark recalls a non-fatal suicide attempt by consuming a large amount of alcohol and prescription antidepressants.

In the concluding scene of the performance, Mark lights a cigarette (herbal cigarettes are used in this production).

There is no suggestion of substance abuse or misuse.

See *Suicide / Tendency / Behaviour* section for more info.

Physical Injury / Health

Trauma sustained to the body.

Mark recalls being admitted to an outpatient facility after his non-fatal suicide attempt and that damage had been sustained to his internal organs.

Mark reveals that he found out his mother is very unwell over a phone call. Mark is frustrated that she didn't tell him straight away and first told him in a letter to him.

Mark explains that his mum was diagnosed with pancreatic cancer and that it was well-progressed before the doctors found it. He describes the cancer as aggressive, making it

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difficult to tell how long she had left and leaving them with no treatment options. The doctors inform them that the cancer as later metastasized and that she didn't have long left to live. Mark recalls the final weeks of his mother's life, describing witnessing the deterioration in his mother's health. (see *Death* and *Grief* sections).

See *Trauma, Death, Grief, and Suicide / Tendency / Behaviour* section for more info.

Blood / Bodily Fluids / Biowaste

Biofluids and excrement.

Mark recalls needing to help his mother in her final days getting to the bathroom. He recalls that her bowel movements were 'fucked up' which embarrassed his mum who hated that her son had to witness this deterioration of her health.

Trauma / Traumatic Events

The emotional, psychological and physiological residue left over from heightened stress that accompanies experiences of threat, violence and life-challenging events.

See *Physical Injury / Heath, Death, Grief, Suicide / Tendency / Behaviour* sections.

Death

The action or fact of dying for being killed.

Mark explains the different types of drownings, active and passive, and details the different stages in the process of drowning. Mark confirms that John's death was an active drowning. Mark recalls how his brother was pulled from the ocean by his dad, beginning to seizure and his skin blue. Marks says he struggles to remember everything but can vividly recall his dad screaming. Mark recalls driving to the hospital while his dad was in the back of the vehicle trying to revive his brother. Mark recalls John being rushed into the hospital when they arrived, at which he realises that his mum didn't know what was happening, so he calls her and tells her that she thinks John is dead. Mark laments how he thought it was strange that John was put on life support because John was 'already dead' and would never be the same in the very rare chance he woke again. He laments how he thinks this might just be a way to help people cope with the situation who aren't ready to let go of someone. Mark recalls visiting John every day in case he woke up and reminisces over treasured memory that he had with John. Mark reveals that his parents turned off John's life support and that he wasn't told beforehand, but respected the decision and thinks it's because he wouldn't have coped.

Mark recalls his mother's final moments before she passed. He recalls how they both knew that she would pass soon, and that they were both at peace but scared. Mark recalls laying in the hospital bed with his mother as she cuddled him. Mark recalls his mother being scared. Mark recalls witnessing his mother's final moments, watching her closer her eyes for the last time and her last breath while they held hands.

See *Grief* section for more info.

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Grief

Emotional response to loss. May include great sadness, anger, guilt and/or despair.

See *Death* section for more info.

Mark recalls his first experience with theatre at the age of 12. He recalls being at a creek with his mate and their older brother when the police arrived and told them that Adam's mother had died. Mark recalls how none of the boys cried and that that was strange as the only thing he knew about death was that you cry afterwards.

While reminiscing about his older brother John, Mark indicates to the audience that John died when they were both 17. Mark laments that sometimes he can still feel John with him and that he can sometimes feel the warmth from the hugs he used to give him.

Mark recalls watching a documentary with John about an injured seal being rehabilitated from an injury, nurtured and then released back into the ocean. Mark says he cried as he watched this because he thought there was something inherently wrong about connecting and bonding with something and then having to let them go. Mark laments that this reminded him of John, thinking it was 'wrong' to let him go but that John belonged somewhere else like the seal in a wild and unknown space like the ocean. Mark laments that he wished he had more time with John but knows that John is where he is 'meant to be'.

While recounting his non-fatal suicide attempt, Mark recalls seeing John again and trying to hug him again, but suddenly woke in the hospital.

Mark says doesn't like the romanticisation and glorification that occurs when someone dies young, and laments how he actually finds the process terrifyingly mundane – that John was here, and now he's not.

Mark says that he didn't handle his brother's death well. He recalls how his father left him and his mother shortly after John's death, leaving without a word.

Mark explains how he detests funerals and how people come out of the woodwork to show their condolences as if obligated or in a performative manner, lamenting that most of them aren't burdened by the persisting grief.

Mark laments how he quickly became 'the kid whose brother died' amongst his friends. He later remarks how the only thing worse than this was becoming 'the kid who tried to kill himself after his brother died' after his non-fatal suicide attempt.

After his non-fatal suicide attempt and being released from an outpatient facility, Mark recalls his mother tell him, "I've already lost one son Mark. You can't do that to me" and that he didn't know how to respond to this.

After hearing that his mother is unwell and returning to her home, Mark rushes to the ocean and dives into the water. He recalls the overwhelming feeling and distress he felt. He describes desperately staring into the morning sky asking "Why John? And why mum now?" and being deafened by the silence within him.

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Mark reminisces warmly the last few weeks with his mother as he and Effy visited and cared for her in the hospital. He describes her deterioration, lamenting how she continued to get weaker and frailer, even beyond what he thought possible. The night before she passed, the pair reflect about John and his life in a way that they had not been able to do before. Mark recalls his mother's final moments – see *Death* section. He laments how it would have been easier if she had passed while he wasn't there but hoped that his presence in her final moments brought her comfort.

Mark recalls how he didn't cry immediately when John died because he felt numb and shocked, but he did immediately when his mother died.

Mark recalls how they used the same church hall for his mother's service that they did for John's. A woman at the church tells Mark that his father came earlier in the day to pay his respects but was not going to attend the service later that day. Mark tells of the note that his dad left for him with the flowers he brought.

Shortly after his mother's funeral service, Mark explains how he hear of a young couple and a child died in a house fire. Mark is frustrated by the news, lamenting how life move on and takes another victim again and again, making everyone's life feel insignificant and meaningless.

Mark reads to the audience the last letter he received from his mother. He becomes emotional as he does. The letter is beautifully mundane.

Mental Health / Illness Issues & Disorders

Emotional, Psychological and Social well-being/illness. Irregularity, disturbance or interruption of normal functions. These can include: depression, anxiety, mood, psychosis, disordered eating behaviours, cultures which promote these.

Mark explains that the first time he wondered if he was depressed was at the age of 13. He says he knew what depression was and could match much of what he was feeling and experienced to it from a young age but hadn't talked to anyone about it. Mark explains how his depression got worse as he got older, but also assumed that everyone experienced this as they got older and struggled with life. Mark says he could feel his mum watching over him with an unspoken sense of knowing about his struggles.

After John's death, Mark explains how he was sent to a 'shrink' and was diagnosed with severe depression and began medication.

Mark recalls being admitted to an outpatient facility after his non-fatal suicide attempt and that damage had been sustained to his internal organs.

Mark recalls the first time he and his mother went to the ocean again after John's death and Mark's non-fatal suicide attempt, describing it an incredibly beautiful time. However, at one stage he recalls yelling out to her but not getting a response. In closer inspection he finds her stoic in her chair on the beach. When her tries to reassure her, she says that she can't move and begins to cry. Mark then recalls some people in the outpatient facility describing how sometimes people can become extremely overwelled by emotion which causes them to

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enter a temporary-paralysis state, also referred to a fight, flight, or freeze responses. They sit and watch the sunset together, after which his mother rises from the chair and the pair return home. It is later revealed that Mark's mother was informed of the seriousness of her pancreatic cancer diagnosis on this day.

See *Grief, Death and Suicide / Tendency / Behaviour* sections for more info.

Suicide / Tendency / Behaviour

The act of deliberately killing oneself. Ideation, planning or behaviour that indicates this.

Mark recalls that he was 15 when he first thought about killing himself. He recalls thinking that this was a normal response to the emotions he was feeling, and that it was an understandable response to cope. Mark recalls how his brother John was horrified when he told him, and that he couldn't comprehend this thought and how John told him not to 'do something that stupid' and to not be an 'idiot'. John reassured Mark that life has its ups and downs and that things will get better.

After John's death and being diagnosed with severe depression, Mark recounts how he experiences a non-fatal suicide attempt. Mark recalls how he consumed a large amount of alcohol and prescription pills and how his body went numb, resulting in him becoming unconscious in the shower. Mark reveals he later woke in a hospital bed with his mother looking over him.

Offensive Language – Swearing

Words that are deemed profane, vulgar, obscene or socially offensive.

Word / Phrase	Frequency / Number of Instances Used				
	1	2 – 5	5-15	15-30	30+
Fuck(ing)(ed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
(Bull)Shit	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Piss(ed)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cunt	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cock	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prick	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Offensive Language / Actions – Slurs / Derogatory

Language and/or actions used to insult, disparage, or offend people/peoples on the basis of protected attributes such as racism, homophobia, transphobia, sexism, ableism, xenophobia, faith or hate-speech.

Mark uses the words 'mental', 'stupid', 'idiot' and 'shrink' in a disparaging or inappropriate manner.

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CONNECTING WITH DIFFICULT CONTENT AND MENTAL HEALTH RESOURCES

Help-seeking is preventative, not just for times of crisis. Talking with someone can improve your mental health and wellbeing at any time and can help you figure out what to do next. If you need support on any aspect of your mental health and wellbeing, reach out and ask for help.

If you or someone you know is at immediate risk, please contact the emergencies services on 000.

- **Lifeline (13 11 14)**
Lifeline has trained crisis supporters available 24/7. They also offer an online Crisis Support Chat 7 days a week between 7pm – 4am AEDT. www.lifeline.org.au/crisischat.
- **QLD Mental Health Crisis Number (1300 642 255)**
MH CALL Triage Service, available 24/7.
- **Suicide Call Back Service (1300 659 467)**
This is a free nationwide professional telephone and online counselling service for anyone affected by suicide, available 24/7. www.suicidecallbackservice.org.au.
- **SANE Australia (1800 187 263)**
SANE is the leading national mental health organisation for people with complex mental health issues in Australia and for the families and friends that support them. SANE offers a range of free digital and telehealth support services for people over 18 years of age with complex mental health needs, and their family, friends and carers. We also provide mental health support to people with intellectual disability, autism or acquired brain injury. www.sane.org.
- **Beyond Blue (1300 22 4636)**
Provides a free online and telephone helpline for people with depression, anxiety or other mental health issues. You can talk to trained mental health professionals who can give you support and advice. Beyond Blue can also help you find mental health services near you. www.beyondblue.org.au
- **Grief Australia (1300 22 4636)**
This centre provides support for bereaved and grieving Australians. It is an independent, not for profit organisation. They are available 9am to 5pm AEDT, from Monday to Friday. www.grief.org.au
- **moodgym**
A free online interactive program designed to help identify whether you are having problems with emotions like anxiety and depression, and learn skills that can help you cope with these emotions. moodgym is based on Cognitive Behaviour Therapy and

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Interpersonal Therapy which have been shown to be successful in preventing and treating depression and anxiety. There is broad evidence supporting the effectiveness of moodgym in improving wellbeing and reducing depression and anxiety symptoms in users. www.moodgym.com.au

- **Parents Beyond Breakup (1300 853 437)**
 A charity that supports parents experiencing trauma related to family breakdown and separation. Parents Beyond Breakup not only supports parents experiencing trauma through family breakdown and separation but also acknowledges the specific issues of parent-child contact and ‘parental alienation’, factors closely linked to stress, anxiety, depression, isolation and suicide in Australia. www.parentsbeyondbreakup.com
- **MensLine Australia (1300 78 99 78)**
 MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime. www.mensline.org.au
- **QLife (1800 184 527)**
 QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships. [www.qlife.org.au](http://www qlife.org.au)
- **13 YARN (13 92 76)**
 National crisis support line for mob who are feeling overwhelmed or having difficulty coping. Offers a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24/7. www.13yarn.org.au.
- **WellMob**
 Our mob have experienced severe grief and loss since colonisation: loss of country, culture and family. When one of our loved ones die, our ‘sorry business’ is an important part of our mourning and healing from loss. www.wellmob.org.au/e-health-topics/healing/grief-and-loss/
- **Gallang Place Aboriginal & Torres Strait Islander Corporation Counselling Service (07 3899 5041)** Supporting to grow a stronger community by providing culturally appropriate counselling and support services. www.gallangplace.org.au.
- **Support Act Wellbeing Helpline (1800 959 500)**
 Free, confidential phone counselling services available 24/7, Australia-wide for anyone who works in the creative industries. www.supportact.org.au.
- **Support Act First Nations Dedicated Support Helpline (1800 959 500 – Option 3)**
 Free, confidential phone counselling services available 24/7, Australia-wide for anyone who works in the creative industries. www.supportact.org.au.

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