

# NEXT TO NORMAL

## INFORMATION AND SUPPORT RESOURCE

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This resource is intended for use by anyone who feels they have been affected by the content of the production “Next To Normal”. This document provides information, not advice. The content is provided for general information only. It is not intended to, and does not mount to advice which you should rely on. If you have questions about any medical matter, you should consult your doctor or other professional healthcare provider without delay. If you think you are experiencing any medical condition you should seek immediate medical attention from a doctor or other professional healthcare provider. Although we have made reasonable efforts to make sure all the information contained in this resource is as accurate as possible, we cannot guarantee links to third party organisations have not been changed or updated since this document was produced.

All links include resources available to or tailored specifically for anyone that is non-binary and/or identifies as LGBTQIA+.

If you feel you are in crisis please call 999 or visit your nearest accident and emergency department.

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## RESOURCES

If you feel affected by the themes in this production, please find links to support below, this list is not exhaustive, please speak to a doctor or therapist if you are looking for further help. Anything underlined is a link to the referenced website, please continue reading for more resources on the next page.

### General Mental Health Support Resources

A list of organisations to reach out to for help:

[Samaritans](#) - Call 116 123 (24/7)

[SHOUT](#) - Text SHOUT to 85258 (24/7)

[Hub of Hope](#) - national database of support services in UK

[Support Line](#) - emotional distress support

[Switchboard](#) - LGBTIQ+ helpline 0300 330 063

[NSPCC](#) - under 18s

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### Suicide

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life.

[Samaritans - Call 116 123](#)

[The Listening Place](#)

[Suicide Prevention UK](#)

[Papyrus - under 35s](#)

[SOBS - support for individuals who have suffered a bereavement by suicide](#)

[Click here](#) to access information about supporting someone else who is feeling suicidal.

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### Bipolar

Bipolar disorder is a serious mental condition. If you have bipolar disorder, you're likely to have times where you experience:

Manic or hypomanic episodes, which means feeling high

Depressive episodes, which means feeling low

Potentially some psychotic symptoms during manic or depressive episodes

Sometimes you might experience a mixed state between the two

Depending on the way you experience these moods, and how severely they affect you, your doctor may diagnose you with a particular type of bipolar disorder. This could include: bipolar 1, bipolar 2, cyclothymia, rapid cycling bipolar, bipolar with mixed features, bipolar with seasonal pattern or unspecified bipolar. [Click here](#) for more information about this.

[Bipolar UK](#)

[Mind](#)

[Bipolar Scotland](#)

[NHS](#)

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### Grief/Complicated Grief

Complicated grief, which is also known as complicated bereavement disorder, keeps individuals trapped in their pain and sense of loss after the death of someone they love. Grief is a normal human emotion, but it should be transitory, and when it becomes chronic and debilitating people experiencing it may need mental health treatment. While the intensity of grief usually fades with time for most people, these feelings don't improve for people with complicated grief. They might be so intense that they disrupt their day to day lives.

A person with complicated grief might also display certain dysfunctional behaviours and might experience irrational thoughts, such as thoughts that the person who has died might come back to life. It's a chronic form of grief that could impair one's life. When grief lingers, complicated grief occurs. About 7% of bereaved people might experience complicated grief.

[Cruse Bereavement Support](#)

[Tommy's - Child Bereavement](#)

[Child Bereavement UK](#)

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### Trauma

Trauma can develop after very stressful, frightening or distressing events. Everyone has a different reaction to trauma, so you might not notice any effects straightaway. When you encounter a trigger after trauma, a strong emotional and behavioural reaction comes over you. It's as if you are reliving that trauma all over again. The word "triggered" has become a popular term to describe anything that causes emotional discomfort. But for people who have experienced trauma, triggers can be terrifying and all-consuming.

[Assist Trauma Support](#)

[Trauma Breakthrough](#)



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### Drug Abuse

When you're addicted to drugs, you can't resist the urge to use them, no matter how much harm the drugs may cause. The earlier you get treatment for drug addiction (also called substance use disorder), the more likely you are to avoid some of the more dire consequences of the disease.

Drug addiction isn't about just heroin, cocaine, or other illegal drugs. You can get addicted to alcohol, nicotine, sleep and anti-anxiety medications, and other legal substances. You can also get addicted to prescription or illegally obtained narcotic pain medications, or opioids.

[Talk to Frank](#)

[London Friend](#)

[We are with you](#)

[Narcotics Anonymous](#)

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### Electroconvulsive Therapy

Electroconvulsive therapy, or ECT for short, is a treatment that involves sending an electric current through your brain, causing a brief surge of electrical activity within your brain (also known as a seizure). The aim of the treatment is to relieve the symptoms of some mental health problems.

ECT is given under a general anaesthetic, so you aren't awake during the treatment. The use of ECT can be controversial and it's safety, ethics and efficacy are still being debated.

[ReThink Mental Illness](#)

[MIND \(Electroconvulsive Therapy Information\)](#)