

Consumed Content Warnings

Consumed has an age guidance of 14+. It contains scenes of violence, strong references to death and suicide, strong language/swearing, flashing lights, loud noises, and distressing or potentially triggering themes.

These include scenes with references to or depictions of the below:

- Eating disorders
- Death by suicide
- Mental illness
- Substance abuse, alcoholism
- Spousal/familial abuse
- Gagging/vomiting
- The impact and trauma of Irish and Northern Irish history, including the famine and the Troubles.
- Discriminatory/hateful language directed at religious groups.
- Food will be used and consumed by the actors in the show.
- For those with allergies or aversions, latex balloons are also used as props.

For more detailed information about the timings of the flashing lights, as well as charities which support the issues raised within the show, [please click here to view the Self-Care Pack.](#)