

No Feeling Is Final - FAQs for audience members

No Feeling Is Final Live is a live performance by Honor Eastly featuring spoken word, projections, lighting and sound design. It details her experience managing experiences of suicidality and seeking support in the mental health system.

Due to the subject matter of the show, these FAQs are designed to give audience members information to support them to make a decision on whether to attend, as well as information about access requirements.

How long does the performance go for?

The performance will start at 7pm and run for approximately 75 minutes. This will be followed by a 15 minute break and then a 30 minute Q&A with Honor and her partner Graham (who helped write this live show with Honor).

Note: due to the sensitive subject matter there will not be audience questions for the Q&A. Honor and Graham will cover commonly asked questions about the show.

After the performance audience members are welcome to stay and have a chat and/or drink at the venue. This is the closing event of The Big Anxiety Festival. There will be staff/volunteers available if you would like to debrief about your experience (look out for the black shirts and pink lanyards). Staff/volunteers will also be available during the show (further information below).

Will the venue be accessible to me?

- **Entrances:** The front entrance to the Capitol is via stairs. There is also a lift accessible from The Capitol Arcade (via Swanston Street or Howie Place). Take the lift up to The Capitol's Foyer level. From the Foyer, a separate lift provides access to the Theatre, Salon and Lounge levels inside The Capitol.
- **Seating:** The Capitol Theatre has eight accessible spaces, accompanied by eight companion seats. Four of these spaces are accessible from the Foyer level. The remaining four spaces are accessible from the Salon level (Level 3) via the lift. Please ask our front of house staff for directions or to accompany you to one of these spaces if assistance is required.
- **Toilets:** Wheelchair accessible amenities are located on the Foyer level. Facilities include a baby change area.
- **Hearing Loop:** The Capitol is equipped with a hearing loop throughout the building. Please ask our front of house staff for assistance if required.
- **Auslan:** Unfortunately this performance will no longer be Auslan interpreted due to scheduling issues. Please contact RMIT Culture to discuss further if required: culture@rmit.edu.au
- **Lighting:** The show features lighting on the venue lighting system including some effects similar to strobe lighting. Strobe Effect Warning: Please be advised that this show may contain strobe effects and intense lighting which may not be safe for those who are sensitive to light.

I know some content might push some personal buttons for me - what topics will Honor be touching on in the performance?

No Feeling is Final includes mention of suicidality including ongoing suicidal ideation, diagnostic labels and the complexity of diagnosis, experiences of hospitalisation, mental health systems and the unhelpful responses they sometimes give, psychiatric medications and experiences of medications not being effective, as well as personal recovery and making sense of and growing from these difficult experiences. If now isn't the right time for you to hear about or reflect on these experiences, you might choose not to attend this performance. You may also choose to leave the performance at any time, as detailed below.

What if I decide part-way through that I'm not in the right mental space for this performance and want to leave?

Attendees are welcome to leave the theatre at any time. There will also be a 5-minute song played on video mid-performance where Honor will leave the stage and where attendees are welcome to leave the theatre space if you don't want to stay but don't feel right leaving at other times.

If you do want to leave, as part of the Festival's [Don't Rush Home program](#) there will be volunteers/staff available (look out for the black shirts and pink lanyards) to debrief about your experience of the performance in the lobby or another quiet place in the venue, if you'd like. You can also choose not to do so. You're welcome to take a breather from the show and then return, or to leave and not return - whatever is right for you.

What efforts have been made to make this performance trauma-informed?

The performance is informed by both Honor's own traumatic experiences, and by consultation with and feedback from other people with lived experience of mental health struggles, suicidality, and accessing the mental health system, as well as by trauma-informed clinicians. The show is based on stories from Honor's podcast, which was made available worldwide by ABC Australia after their own editorial review as well as a content review by clinicians.

Does the show have a hopeful ending?

People who've listened to the show often think it does, but of course, not everyone will have the same response. In this live version Honor talks about **(mild spoiler ahead)** how since the original podcast has come out she's found more resolution with these experiences, and what has helped her to feel more confident and hopeful about how to manage them in her own life. It doesn't mean she has found "the answer", and she hasn't "fixed herself", but she has found a way of making meaning of these experiences that works for her.

Should I bring a young person in my life who has a mental illness to this show?

This is a personal call as all young people are different. We hope that these questions and answers can help shed light on whether it would be appropriate for your loved one to attend. If you are still unsure,

listening to the [No Feeling Is Final podcast](#) may be helpful to get a sense of the subject matter and whether it feels appropriate. The podcast and this live show intentionally try not to be graphic, but given the sensitive nature of the material the show can be confronting or bring up unexpected responses.

Will this be a long-overdue takedown of the mental health system? Will this be an unfair attack on the mental health system? Is it anti-medication, or pro-medication?

This performance isn't intended to be any of these - it's a collection of Honor's personal stories about mental health, including interactions with the mental health system, diagnoses, and psychiatric medications. Honor's experiences of life, of mental health, and of the systems that sit around mental health echo those of many other people - complex, variable, inconsistent, and difficult to navigate.

At its heart the show is about Honor's journey to try to understand, make sense of and ultimately find her own way through her experiences. This involves working out what has been helpful, and what hasn't been. Whilst there are parts of the show that challenge how the mental health system responds to people in distress, the show is ultimately supportive of people's individual personal recovery, that is, finding what works for them, which may include finding support from clinicians, medications, the mental health system more broadly, as well as finding other ways of supporting ourselves and each other.

Is Honor okay?

Yes, that's why she's here sharing her story. If you want to know more, come along to the performance to hear about how Honor has found her own resolution, listen to the [No Feeling is Final podcast](#), read more of Honor's writing at the [Big Feels Club](#), or follow her on [Instagram](#) or [Twitter](#).

Is the show being recorded / live streamed?

The show is not being live streamed but it is being filmed. The film will be used as a record to hopefully propose taking the show to other venues around Australia.

Can I get a more specific run down of what's in the show? Note: this is the last question and it contains spoilers for the show.

The show is made up of five Acts, there are also brief "check-ins" between several acts where Honor talks directly to the audience to have a break from the story.

The below is really a hit list of the sensitive topics in the show, but there is also light and shade (and an inflatable elephant thrown in there for good measure!)

- **Act I** explains the experience of an inner critic and how this can contribute to feeling suicidal. This Act has some breathing sound FX as well as tape of Honor in crisis. It is one of the more "intense" bits of the show as it sets up the experience and the stakes of Honor's journey. It goes for approx eight minutes.

- **Act II** features a surrealist gameshow exploring how difficult it can be to access support in the mental health system. It also explores the experience of finally getting help and a diagnosis that feels like it explains Honor's experiences.
- **Act III** takes place in a psychiatric hospital and explores the first-person experience of being an inpatient. It documents some unhelpful responses from clinicians, explores the experience of not finding drugs useful, as well as the limitations of the assistance hospital could provide to Honor. There is also brief mention of abusive romantic relationships - this mention is not graphic.
- **Act IV** documents the process of trying lots of different options (different therapies, drugs, etc) but Honor still experiencing significant suicidality. It also documents Honor's experience of realising that some of the ideas she had about mental health (including diagnosis and drugs) were more complex than she first believed, and the impact that's had on her sense of self. She realises she doesn't want to think of herself as a "sick person" anymore.
- **Act V** is about personal recovery and where Honor has come to now. It talks about what has been important to Honor in her recovery, what she's done differently to try to find ways to respond to her experiences with compassion and non-judgement. It is not a neat ending (because that's not how this experience was for Honor) but most people have felt it is an optimistic one.