

DISABILITY AWARENESS DOCUMENT

- James has struggled with serious mental health disabilities since aged 16, his formal diagnosis includes general anxiety disorder, borderline personality disorder and severe depression. He also has panic attacks that can be intense and last for hours. If James is having a panic attack please do not call an ambulance!
- On occasion James' disability will hinder him from working, which may potentially affect deadlines and timelines of projects, however this is rarely the case.
- If James is taken seriously ill and not able to work for a long period of time, you will be informed as soon as possible by him or more likely his producer. And within a week we will come to a working agreement regarding how we will proceed with the project.
- There may also be times when James is working that he may need space, time to himself to manage his anxiety (for example if he is given a talk he may need a small room to prepare for a talk or performance) we ask venues and partner organisations to bear this in mind if programming James' work.
- James can sometimes find communication difficult; this can include writing, talking on the telephone/skype or talking in person (making eye contact or following conversations), as well as having very unstable perceptions of his personal and professional relationships. If this is the case it's best to assume 'good will' on James' behalf. It's also okay to remind James if he hasn't replied to you or to offer reassurance.
- James is dyslexic.
- James pioneers support for people with mental health disabilities / people who define as Neurodiverse and their access to the arts. His work aims to challenge stigma, discrimination and prejudice towards mental health and he is very open to discussing his conditions/experiences. So please feel free to ask further questions if you have any queries about the best way to approach working with people with mental illness.

For further information contact please contact, or to ask any specific questions.

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