



WHAT TO EXPECT

You are about to see Kaiser Permanente's *Ghosted*, which is a 30-minute film created to inspire conversations about mental health. After the film, Teaching Artists will lead you and your classmates in a guided live discussion where you can ask questions and share your thoughts about stress, anxiety, depression, suicide prevention, and resilience.

THE STORY

Will a student's bout of anxiety allow others to create a safe space to talk about they're going through and what's really going on? *Ghosted* is an up-close look of a single day in the life of 4 high school students as they navigate their relationships and support each other while facing harsh realities and many unknowns.



WHAT IS GHOSTING?

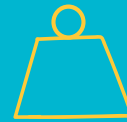
Having someone that you believe cares about you, whether it be a friend or someone you're dating disappear from contact without any explanation. No phone call, or email, or even text.

"There are all kinds of ways to "ghost," to disconnect abruptly from each other, or from life. The play is called Ghosted because it is about the fear of losing someone - a friend, a partner, even a sense of self. Despite the fear of being ghosted in the play, the characters do the opposite, committing to stay connected regardless of their fears."

-PLAYWRIGHT, TRISTA BALDWIN

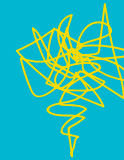
Stress, Anxiety, Depression

WHAT'S THE DIFFERENCE?



STRESS

It's those moments when you feel angry, frustrated, or nervous and it causes emotional or physical tension.



ANXIETY

A common mental health condition when you can feel overwhelmed and have fearful or distressed feelings that prevent you from doing everyday activities or make you worry excessively.



DEPRESSION

A common mental health condition that negatively affects how you think, feel, and act. This can include disinterest in things you once enjoyed, changes in sleep habits, appetite, and/or suicidal thoughts.

So...how do you **help yourself** bounce back after stressful or difficult situations?

You can build **resilience**.



Seek out interactions with people who make you feel better.

- Build solid, caring relationships with family, friends, coaches, teachers, spiritual leaders, etc.
- Reach out to a counselor, doctor, or mental health professional.



Take good care of yourself.

- Do healthy activities you enjoy.
- Relax your mind and body.
- Talk about how you are feeling.

What if I'm worried that my friend is not just depressed but actually considering suicide?

Never ignore comments about death and suicide, even if it seems like your friend is joking or being overdramatic. Talking about suicide should be taken seriously. **Talk to a trusted adult** such as a parent or teacher as soon as you can.

- If someone is telling you that they are going to harm themselves, do not leave them alone.
- Do not promise anyone that you will keep their suicidal thoughts a secret. Make sure to tell a trusted adult with whom you feel comfortable.
- Get help as soon as possible. Contact any of the services on this page. If necessary call 911.

How can I **help my friends** if they're experiencing stress, anxiety, or depression?

First, help them **identify a trusted adult or health professional**.

You can also:

- Be supportive, patient, and encouraging, even if you don't fully understand what's going on.
- Find activities you can do together.
- Remind your friend that everyone deserves help and support. It's important.



HOW DO I ASK FOR HELP?

First, know that **you don't have to be in a crisis to reach out for help**. Kaiser Permanente's [findyourwords.org](https://www.findyourwords.org) offers real stories of resilience to care for yourself and others.

Here are additional resources. Representatives from these organizations are available to talk 24/7 about anything that affects your mental health.

NATIONAL SUICIDE PREVENTION LIFELINE

[suicidepreventionlifeline.org/
talk-to-someone-now](https://www.suicidepreventionlifeline.org/talk-to-someone-now)
1.800.273.8255

Ayuda en español (1.888.628.9454)

CRISIS TEXT LINE

[crisistextline.org](https://www.crisistextline.org)
Text HOME to 741741

TREVOR LIFELINE (For LGBTQIA+ youth)

[thetrevorproject.org](https://www.thetrevorproject.org)
1.866.488.7386