

ghosted

Where can I go for help?

You don't have to be in a crisis to reach out for help. Representatives at these organizations are available to talk 24/7 about anything that affects your mental health.



Call or text 988
[988lifeline.org](https://www.988lifeline.org)



Text 'START' to 678-678
[trevorproject.org](https://www.trevorproject.org)



Text 'HOME' to 741-741
[crisistextline.org](https://www.crisistextline.org)



Text 'TEEN' to 869-863
[teenline.org](https://www.teenline.org)

For more info on *Ghosted*, please visit:
kp.org/educationaltheatre

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