

Mental Health and Resilience

For grades 8 to 10



About the program

42% of high school students in the US report feeling persistently sad or hopeless and 29% have recently experienced poor mental health.¹

In order to support the mental health needs of students, Kaiser Permanente Educational Theatre created an interactive program that inspires students to engage in conversation about their emotional well-being and provides them with strategies and resources to build resilience. Through storytelling, community-building, and resilience activities, students learn that getting help for mental health challenges is normal and healthy.

Story Synopsis

Ghosted tells the story of 4 students navigating life in high school while learning to cope with stress, anxiety, depression, and relationship issues. Together, the students learn about the individual mental health challenges they are facing and what options they have for seeking help. They discover that although their identities and challenges are unique, they are not alone in their struggles.

 Watch the trailer

Cost

This program is available at no cost.

Educational Theatre is part of Kaiser Permanente's [Thriving Schools](#) initiative, which works to strengthen the health and well-being of school communities across the country, so every school succeeds, every employee excels, and every child thrives.

1. Centers for Disease Control and Prevention. [Youth Risk Behavior Survey: Data Summary & Trends Report](#). 2011-2021.

Booking

This program offers a variety of in-person and virtual components with availability dependent on location. Please fill out our request form and a Booking Coordinator will contact you with more information.

 Fill out a request form

Key Concepts

Through this program, students learn to:

- Combat stigma by normalizing mental health challenges
- Develop skills to talk about stress, anxiety, depression, and suicide prevention
- Identify coping strategies to build resilience
- Access resources for help

Outcomes

The following results are from 667 student audience members surveyed in 2022.

