



ABOUT GHOSTED

To help support youth mental health, Kaiser Permanente created *Ghosted*; a live theatrical performance originally set to tour schools across the country. Amid the pandemic, we have still found ways to come together as a community and keep our commitment to serving our schools. *Ghosted* has been adapted from a stage-play to an engaging 30-minute film to inspire conversations about mental health. After the film, Teaching Artists lead a guided discussion where students can ask questions and share 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

KEY FACTS

1 in 6

U.S. youth aged 6-17 experience a mental health disorder each year.

50%

of all lifetime mental illness begins by age 14. **75%** by age 24.

2nd

leading cause of death among people aged 10-34 is suicide.

Source: National Alliance on Mental Illness

TIPS FOR TALKING WITH YOUR TEEN



STARTING OUT

Show your teen it is okay to talk about sensitive issues. Have appropriate discussions with your spouse, partner, or friends about sensitive issues with your teen present.

Ask your teen what they thought about *Ghosted*. Are they experiencing an increase in stress and anxiety, feelings of depression, or having thoughts of suicide?

Share your story. Let them know how you felt at that age and how you now feel about these issues.

You don't have to have all the answers. Validating their feelings and what they're going through can make all the difference. Just listening can go a long way. You and your teen can find the answers together.

WHEN YOU TALK

Encourage questions. Statements such as "I'm glad you asked that question" or "That's a good question" will help keep the lines of communication open with your teen.

Use active listening. Nod or say "uh-huh" when listening to your teen. Make eye contact. Really listen to what your teen tells you. Good listeners help teens figure out how they feel instead of telling them how they should feel.

Don't make assumptions. Tell your teen "I trust you" through your words and actions. Just because your teen is asking questions about drugs and alcohol, for example, doesn't mean your teen is using those substances. Curiosity is natural.

Keep the conversation open-ended. After answering a question, ask your teen what else they would like to know. This lets your teen know you expect more questions and it is okay to ask.

PARENT & FAMILY RESOURCES

Kaiser Permanente's [findyourwords.org](https://www.findyourwords.org) offers real stories of resilience and resources, supporting parents and teens.

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

NATIONAL ALLIANCE ON MENTAL ILLNESS

[NAMI.org](https://www.nami.org)

1.800.950.NAMI (6264)

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)

TREVOR LIFELINE (For LGBTQIA+ youth)

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

1.866.488.7386