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

Text ‘HOME’ to 741-741
crisistextline.org

Text ‘START’ to 678-678
trevorproject.org

Text ‘TEEN’ to 869-863
teenline.org

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