

ghosted . . .

PRE-SHOW
**NEED TO
KNOW**

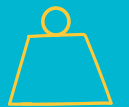
MENTAL
HEALTH



ANXIETY



DEPRESSION



STRESS

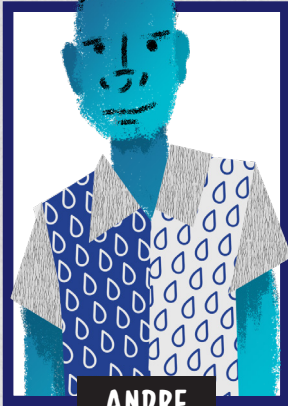


STIGMA



RESILIENCE

WHO IS WHO



ANDRE

BUCKET LIST

1. Climb the sand dunes of Namibia
2. See his baby sister all grown up
3. Get through the day



SYDNEY

BUCKET LIST

1. See her own painting on the wall of an art gallery
2. Visit every continent
3. Meet her dad



KAYLA

BUCKET LIST

1. Walk the Great Wall of China
2. Become a pediatrician
3. Get married on a beach



LIAM

BUCKET LIST

1. Win a hot dog eating contest
2. Send his mom to rehab
3. Go to college

THE STORY

Ghosted is the story of four students as they navigate a single day of high school. When one of them experiences a bout of anxiety and visits the counselor's office, circumstances lead the other characters to reveal **hard truths about their personal lives.**

WHAT IS GHOSTING?

Having someone that you believe cares about you, whether it be a friend or someone you are dating, disappear from contact without any explanation. No phone call, or email, or even a 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 this play, the characters do the opposite, committing to stay connected regardless of their fears." -PLAYWRIGHT TRISTA BALDWIN

TEEN LINK

886teenlink.org/chat-now

To speak with a teen phone worker between 6pm and 10pm (PST), please call toll free.

1-866teenlink (866.833.6546)

TEEN LINE

teenline.org/talk-now

Call **310.855.HOPE** (310.855.4673) OR

800.TLC.TEEN (800.852.8336)

Toll Free in the United States and Canada



RESILIENCE

An “**inner strength**” that helps you bounce back after stressful or difficult situations.

LEARN HOW TO
BUILD RESILIENCE



SEEK OUT
**INTERACTIONS
WITH PEOPLE
WHO MAKE YOU
FEEL BETTER**

Build solid,
loving relationships

Develop a support
network

Reach out to a counselor or
mental health professional



TAKE
**GOOD CARE
OF YOURSELF**

Do things
you enjoy

Relax your
mind and body

Talk about how you
are feeling



STIGMA AROUND MENTAL ILLNESS

Having **fixed ideas and judgments** about mental illness and/or fearing and avoiding what is misunderstood. Stigma worsens a person’s illness and can lead to a resistance to seek or accept necessary help. *Definition courtesy of Arts With Impact.*



ANXIETY

Feeling **anxious or worried** when faced with a problem.

- Occasional anxiety is normal
- It’s a problem when it gets worse and doesn’t go away
- Can interfere with job performance, school, and relationships



DEPRESSION

A common and serious medical illness that **negatively affects how you feel, think and act.**

- Causes feelings of sadness and/or loss of interest in activities
- Can decrease ability to function at work or home



STRESS

A feeling of **emotional or physical tension** that can come from thoughts/events that make you frustrated, angry, or nervous.

- Can be positive in short bursts
- Can be harmful when it lasts a long time

DID YOU KNOW

Mental illness is common:



1 IN 5

will experience a **serious mental illness** by age 18



MORE THAN 1/3

of 10th graders experience signs of **depression***



NEARLY 2/3

of middle and high schoolers expressed feeling **anxious** in the previous 2 weeks*

NOTE: If you or a friend are experiencing any of the symptoms above or are contemplating suicide, reach out to your school counselor, therapist, teenline.org/talk-now or any adult in your school for resources and support.

(*In Washington State. HYS, 2016)