



Ghosted

GHOSTED, A FREE MENTAL HEALTH PROGRAM FOR STUDENTS

Kaiser Permanente Arts Integrated Resources wants to support you and help address your students' social-emotional needs during these uncertain times. We continue to serve schools with our **FREE digital and livestreamed** mental health program for middle and high school students.

Ghosted is a **75-minute** program. It includes a film with a virtual guided and interactive discussion. The program promotes resilience and positive methods to cope with stress, anxiety, and depression.

**Note: "OWN IT" is our follow-up program specifically designed to address suicide-prevention. It is designed to compliment Ghosted.*

[Click Here to View Ghosted Trailer](#)

Target audience: Upper Middle School & High School (Grades 8-12)

Suggested Size: One Classroom

Cost: Free to schools within Kaiser Permanente Colorado's service area

For more information visit: <http://artsintegratedresources.org/programs/ghosted/>

To Book please contact: brian.harper@kp.org or andrea.n.law@kp.org