

## New Drama Explores Teen Mental Wellness

**A free Kaiser Permanente Educational Theatre program for high school students examines mental health and stigma and is followed by a question and answer session. Pictured from left to right are actors Eric Esquivel, Gisela Feied, Jamella Cross, and Matt Morishige.**

Kaiser Permanente Northern California Educational Theatre debuted its new production, [Ghosted](#), at Oakland High School on Monday, September. 16. The show follows 4 students who reveal hard truths about their lives with a focus on mental wellness. The drama teaches students how to identify stress, anxiety, and depression, how to access resources for help, and defines healthy coping strategies to build resilience.

See photos of the show's opening below.