



Angst

iNDIEFLIX
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**ANGST WILL SCREEN LIVE
FOR ST. JOHN PAUL II/ST. FRANCIS XAVIER PREP AND BISHOP STANG HS FACULTY,
STAFF, STUDENTS, PARENTS**

3/2/21 -- iNDIEFLIX Education has sparked a global conversation about anxiety through screenings of its documentary, "**Angst: Raising Awareness Around Anxiety**". On March 12th, 15th, and 16th Bishop Stang High School (N. Dartmouth) and Saint John Paul II High School (Hyannis) will hold special screenings of the documentary streaming online to open up a dialogue between local families, community leaders and experts. The event will feature a viewing of the 48-minute film, followed by an informative panel discussion, led by Jane Purnell, with special guests from the Bishop Stang High School and Saint John Paul II High School community.

What is the difference between "being anxious" and having an anxiety disorder? What can we do about the 634% rise in use of Mental Health America's online tool for anxiety since the start of Covid? Why is there still so much fear and stigma in just talking to others instead of hiding online? What can each of us do to make it better and best engage in a full and happy life?

Angst is on a mission: to start a global conversation and raise awareness around anxiety. This 56-minute documentary delves into all aspects of our society's most common mental health challenge with:

- Candid interviews with kids and teens, who discuss their anxiety, its impacts on their lives and relationships, as well as how they've found solutions and hope
- Expert perspectives, (from institutions such as Stanford University, Child Mind Institute), who talk about the causes of anxiety and its sociological effects and resources to help
- Tips, tricks and strategies to help reset thinking patterns, push back against anxiety and support others
- Awareness that anyone can be touched by – and overcome - anxiety, via a unique and revealing interview with mental health advocate Michael Phelps, the most decorated athlete in Olympic history

Part of the beauty of this film is the openness of the children and young adults featured; for some of them, the "Angst" project marks the first time they are publicly sharing their experiences with anxiety. Our hope is that their candidness and bravery will inspire our community to do the same. The film is also hopeful and optimistic; Noah, a teenager featured, describes it this way: "Anxiety doesn't define me. It's not just a curse; it also gives me strength."

"We are humbled each time we hear directly from either a child or an adult that one of our films has saved their life," said Scilla Andreen, CEO & Co-Founder of iNDIEFLIX/Executive Producer of *Angst*. "The popularity and acceptance of this film led to the creation of the next two installments to create the trilogy, focusing on the impact of social media, the effects of technology on the brain and cyberbullying. It was an organic process."



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iNDIEFLIX ensures that its community screenings foster a connected and nurturing environment. Prior to the pandemic, these films were exclusively shown in auditoriums or community centers, followed by a moderated panel for Q&A's. Working through Covid restrictions, iNDIEFLIX re-created the 'watching together' experience through live online film events, followed by panel discussion and the ability to ask questions or check-out resources in real-time.

"Everybody needs to know that anxiety disorders are real, common and treatable instead of viewing them as a personal choice or something to be ashamed of," said Dr. Jerry Bublick, Senior Director of Anxiety Disorders Center, Child Mind Institute. "Getting help early is crucial in giving people the tools they need to feel better. We just need to start the conversation."

"The conversation surrounding mental health really hits home for me," said Michael Phelps. "Many people don't understand how debilitating mental illness truly can be, and even more than that, how common it is, yet people are afraid to have serious discussions about it. I welcomed the opportunity to be a part of *Angst* to further the dialogue around mental health and to help people understand the impact anxiety has on our mental state and encourage people, especially kids, to ask for help."

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