

Angst: Raising Awareness Around Anxiety

Tuesday, January 15, 2019 – 6:30 PM

Los Altos High School, Eagle Theater
201 Almond Ave, Los Altos, CA

Anxiety disorders are the most common mental health challenge in the U.S., impacting 54 percent of females and 46 percent of males, young and old. According to the World Health Organization, the median age of onset is seven years old. While anxiety disorders are highly treatable, only one-third of people suffering from anxiety receive treatment.

Through candid interviews, *Angst* shares the stories of kids and teens who have experienced anxiety, the impacts it has had on their lives and relationships, and how they found coping skills, solutions and hope. Mental health experts discuss the causes of anxiety, its sociological effects, and the importance of asking for help – as well as offer resources to address the condition. Olympic swimmer, Michael Phelps, also shares his personal struggles to overcome anxiety.

Film screening will be followed by discussion panel to address questions raised during the film and how we can work together to support all of our students.

Audience: Parents, students (10 years +), school teachers and staff

Translation: Spanish subtitles (film) and translation (panel)

Admission: Free

Register: <https://mvla2018-19-angstfilm.eventbrite.com>

If you or someone you know is feeling anxiety it's important to tell a family member, friend, teacher or counselor. Reach out to someone who can help, and in an emergency call 911, or text the Crisis text line 741741.



We hope you will join us in creating a more open dialogue around anxiety between students, parents, schools, and mental health experts within our community.

This screening of *Angst* is brought to our community through collaboration between the MVLA High School District, Los Altos School District, Mountain View Whisman School District, Community Health Awareness Council (CHAC), and the MVLA Parent Education Speaker Series.

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