
Santa Margarita Catholic High School Presents Community Screening of “angst” on March 26 to Raise Awareness About Teen Mental Health

Description

Panel Discussion with Esteemed Local Experts to Follow Film

WHAT: SMCHS invites the community to participate in a special screening of the newly released “[Angst: Raising Awareness Around Anxiety](#)” documentary film featuring interviews with mental health professionals, and conversations with teens and parents who share their deeply personal stories about the impact of anxiety on their lives. World champion swimmer Michael Phelps is included in the film. In an emotional conversation with a younger boy, he shares that when “I started talking about things I went through...I got to the point where I understood it’s OK to not be OK.”

Anxiety disorders are the most common mental health challenge in America, however, the condition is highly treatable. The showing of the 55-minute film will be followed by a panel discussion moderated by SMCHS school psychologist Blake Oldfield to explore mental health warning signs, resources for help, and specific tools and strategies for coping with stress, anxiety and depression.

WHO: Intended to start a conversation about the mental health of our community’s teenagers, THE EVENT IS FREE AND OPEN TO THE PUBLIC (RSVP at www.smhs.org/angst). Several hundred local parents, teens and prominent community members are expected to attend. The esteemed panel of mental health experts include:

Curtis Hsia, Licensed Clinical Psychologist, OC Anxiety Center

Matthew N. Koury, M.D., M.P.H., Founder & Director, Mind Health Institute

Jamie Lesser, Licensed Clinical Psychologist, Anxiety and Depression Center

Jim Madrid, Founder & CEO, Advance Sports Technology

Mariam Mott, Licensed Clinical Psychologist

WHERE & WHEN:

[Santa Margarita Catholic High School](#)

22062 Antonio Parkway,

Rancho Santa Margarita, CA

MONDAY, MARCH 26, 2018 @ 6:30PM

Screening to begin at 6:30pm

Panel Discussion and Q&A from 7:30pm – 8:00pm

MEDIA CONTACTS:

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Date Created

March 22, 2018