

Subject: Join us for the Screening of "Angst: Raising Awareness Around Anxiety"
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Join us for a screening of a documentary entitled,
Angst: Raising Awareness Around Anxiety; (43 min.)

6:00 pm on Thursday, November 1st 2018
Kamehameha Schools Kapālama, Kalama Dining Hall (Middle School)

Please register at: <https://angst-movie.eventbrite.com>

Aloha e nā makua -

Anxiety disorders are the most common mental health concern in children and adolescents. The National Institute of Mental Health estimates that by the age of 18, 1 in 3 children will have met the criteria for an anxiety disorder. While anxiety disorders are highly treatable, only one-third of those experiencing anxiety receive treatment.

The film features candid interviews with children and young adults discussing their anxiety and its impact on their lives, along with a special interview with Olympian Michael Phelps. The documentary includes discussions with mental health experts about the causes of anxiety, its sociological effects and resources and tools.

This screening at Kamehameha Schools Kapālama is in partnership with Mālama Ola, a division of Kamehameha Schools focused on student health, safety, and well-being. **The purpose of the screening is to educate students, staff, and families on this important topic. Parents are encouraged to attend with children ages 10 and older.**

Following the film our behavioral health staff will facilitate discussion in addition to sharing quick tips and

resources on how to navigate anxiety. Parent guides will be given to those in attendance. Light refreshments will be available.

Kamehameha Schools Kapālama haumāna, ages 10 and older will screen the film throughout the week of Oct. 29- Nov. 2. Kumu, school counselors, and behavioral health staff will facilitate discussion and offer resources to our haumāna following the screening.



For more information call Mālama Ola at (808) 842-8063 or to preview a trailer, visit angstmovie.com.

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