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BEHAVIORAL HEALTH INNOVATORS, INC.

PRESS RELEASE

Cape Cod, March 13, 2018

Behavioral Health Innovators, Calmer Choice & Harwich Youth Services are hosting two area screenings of the brand new documentary **“Angst: Raising Awareness Around Anxiety”** on Thursday, April 5th at 6:30 pm at Morse Pond School in Falmouth and on Thursday, April 12th at 6:30 pm at Monomoy Regional High School.

The event will feature a viewing of the 56-minute film, followed by an informative panel discussion with special guests:

- Emily Hamilton, Plymouth High School student
- Sheila House, MS, LMHC, Harwich Youth and Family Services
- Adria Kennedy PMHNP-BC, Director of Programming, Calmer Choice
- James P. D. McGuire, MD, Board Member, National Alliance on Mental Illness
- Mary Beth Schoening, President, Behavioral Health Innovators, Inc.

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 Bubrick, 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.”

Anxiety disorders are the most common mental health challenge in the U.S., impacting 54 percent of females and 46 percent of males, **with age seven being the median age of onset**, according to the World Health Organization. While anxiety disorders are highly treatable, only one-third of those suffering receive treatment.

“Angst” is expected to reach more than three million people around the world, through 25,000 community and school screenings. Please join us for these community wide screenings.

This event is **FREE** but donations are accepted. Registration is optional but recommended. To register go to:

<https://www.showclix.com/event/angst-at-morse-pond-school>

<https://www.showclix.com/event/angst-at-monomoy-regional-high-school>