

Dartmouth's Bishop Stang & St. John Paul II High Schools to screen Indie film "ANGST"

On March 12th, 15th and 16th Bishop Stang High School, in collaboration with St. John Paul II High School, will hold special screenings of the iNDIEFLIX documentary "Angst: Raising Awareness Around Anxiety".

Streaming online, the screenings will offer opportunities for open dialogue surrounding anxiety and mental health. This film has garnered considerable attention in educational circles for its role in normalizing conversations about mental health, and educating those who may not be familiar with just how real and difficult anxiety can be.

Bishop Stang counselor Daniel Dias explains that with an increase in anxiety and other mental health issues during COVID, the film's potential to help educate, destigmatize, and offer tools and support is invaluable. Mental health issues can impact everyone. Anxiety and depression do not discriminate based on race, class, gender, or socioeconomic status. Dias says "We want our students to know that mental health issues are medical issues, not weaknesses, and seeking help and support is a sign of strength.

As olympic gold medalist Michael Phelps says in the film, we want them to know that 'It is okay not to be okay' ". The Angst film utilizes candid interviews with children, young adults, and others to highlight the issue but also offers hope and optimism. iNDIEFLIX producers share that their hope is that the bravery and candidness of the film's subjects about their struggles will inspire the community to do the same.

Faculty for both schools will view Angst on March 12, followed by parents and community on March 15th, and the student body

of each school on March 16. In addition to the film, all screenings will be followed by a panel discussion led by specialist Jane Purnell and include guests from the Bishop Stang and St. John Paul II communities.

For more information please contact Daniel Dias at 508-996-5602 ext. 487 or DDias@BishopStang.org.

