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ANXIOUS NATION



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Anxious Nation: A Feature Documentary Exploring Anxiety, Kids and Families

It started in 2019 with a single post on Facebook: “Kids and Anxiety, who is dealing with it?” As the parent of a child who suffers from anxiety, I knew that if I was struggling, then most families dealing with anxiety are too.

While I received a few public posts from friends willing to be open and honest about their struggles on that very public forum, the private messages overwhelmed me. It was as if I gave everyone permission to talk about the 10,000-pound elephant in the room. Suddenly, people I thought I knew well began to share their heartbreaking stories about struggling with anxiety in their homes. While each was remarkable and unique, they were also commonplace... too commonplace. So many were confused about where to turn to for help.

When we set out to make this film, we had no idea what was ahead for all of us. A few weeks before COVID-19 shut down our country, we sent out 14 cameras to our cast so they could document their lives and experiences learning to cope during the pandemic—in real-time. This unexpected turn gave us an insight into anxiety through a whole new lens. The question of anxiety and who is dealing with it suddenly felt moot. Because we all were, and most of us still are. The statistics from when we started filming in 2019 to where we are today are downright frightening--and getting worse.

Anxious Nation explores and captures the many faces and facets of anxiety. This feature-length documentary takes a deep look into the crisis of anxiety and mental health in America, especially its impact on kids (ages 10-26) and families. We zero in on how anxiety shows up, the nurture/nature debate, what's happening in homes and society that's significantly adding to the problem, the crisis on college campuses, and the impact of anxiety and mental health in lower socioeconomic communities, especially the brown and black communities. We discuss stigma, loneliness, isolation, disconnection, the alarming rise in suicide, the dangers of social media, overmedication, incorrect diagnoses, and the horrific mental health ramifications of the COVID-19 pandemic.

- 1 in 3 kids in the US suffers from generalized anxiety.
- 70% of teens (13-17) view anxiety and depression as a major problem.
- 50% of 18-22 year-olds feel lonelier and more isolated than seniors 72 and older.
- From August 2020 to February 2021, the percentage of adults with recent symptoms of an anxiety or a depressive disorder increased to 41.5%



- Suicide rates among 15-24 year-olds have tripled since the 1950s and is the 2nd most common cause of death among college students.
- The average wait time on college campuses for an initial mental health appointment ranges from 3-12 weeks.
- -In early 2021, there was a 51% increase in emergency room visits in the United States for suspected suicide attempts for adolescent girls.
- 60.3% of youth with major depression do not receive any mental health treatment.

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Kathy Ireland



**Presented by
Kathy Ireland**

Kathy Ireland enjoys a global platform as a result of proven leadership in human rights advocacy, the support of millions of women, as well as families, who embrace her designs, products and services...

Vanessa Roth



Director, Writer

Academy Award winning documentary filmmaker and social justice advocate, Vanessa Roth has been creating and overseeing social impact international films, projects, campaigns, and companies for over 25 years.

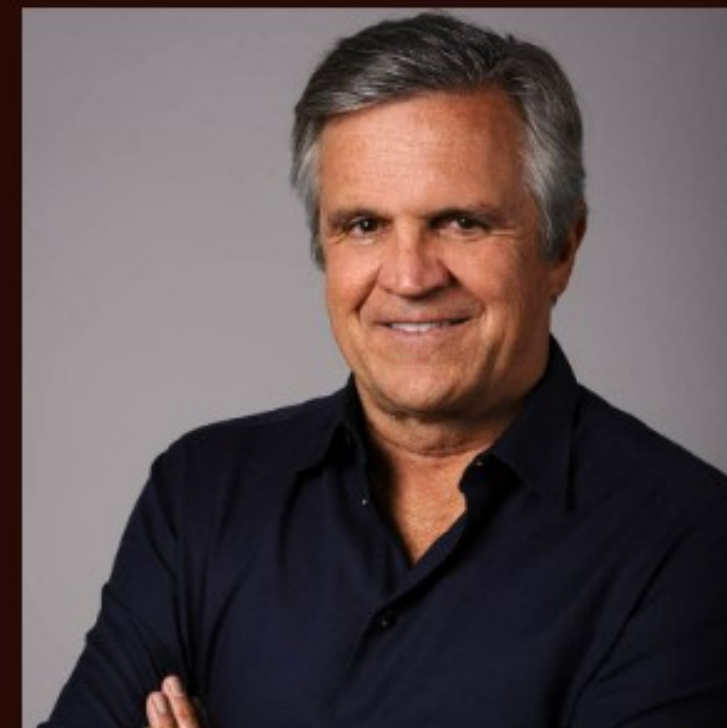
Laura Morton



**Co-Director,
Producer, Writer**

Laura Morton has been involved in the entertainment industry for more than 25 years as a bestselling author, producer, speaker and entrepreneur.

Steve Purcell



Producer

Steve Purcell is a Grammy and Emmy award-winning Filmmaker, Producer, Director, and Editor.

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Please click below for message from Kathy Ireland



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