



SAN GABRIEL UNIFIED SCHOOL DISTRICT

MEDIA ADVISORY

FOR IMMEDIATE RELEASE:
Nov. 13, 2018

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Gabrielino High to Promote Anxiety, Stress Management during Mental Health Day

WHAT: Gabrielino High School will hold its second Mental Health Day of the year, providing students with information and activities that promote mental health awareness and highlight issues like stress and anxiety.

Gabrielino will invite students to view “Angst,” a film and virtual reality experience that explores the causes and effects of anxiety and highlights options for handling the condition. Prior to viewing the film, SGUSD social worker Denise Ledesma will lead students in a mindfulness activity designed to alleviate stress.

A parent viewing of the film and a follow-up panel discussion will also be offered in the evening.

WHEN: **Thursday, Nov. 15**
7 to 8:30 p.m.

WHERE: Goodson Theater
Gabrielino High School
1327 S. San Gabriel Blvd., San Gabriel

DETAILS: Mental Health Day was organized by Gabrielino’s Wellness Council in partnership with the San Gabriel Public Library, as well as the school’s Associated Student Body, Peer Helping and Health Occupations Students of America (HOSA) clubs.

The Mental Health Days are one component of a three-part wellness action plan to improve student nutrition, physical activity and social/mental well-being.

Coverage and/or inclusion of this event in your calendar of events is welcomed and greatly appreciated.

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