

DATE

Dear Families of [DISTRICT/SCHOOL NAME],

Our school/district is offering the *Angst: Building Resilience* program as a new resource to support student wellness this school year. This program is supported by the California Department of Education (CDE), iNDIEFLIX Foundation, CalHOPE, and Blue Shield of California.

As part of this program, the 43-minute film, *Angst*, will be shown to students and then followed by a teacher-led discussion to:

* Increase awareness of anxiety, its causes, and solutions,
* Help students develop resilience, strength, and emotional well-being, and
* Provide strategies to help deal with the mental health impacts of COVID-19.

After the film and discussion, students will be asked to take a short, voluntary survey about their thoughts on the film, such as whether they would recommend the film to other students, if they learned more about anxiety, and how to address it from the film. The survey is being done by researchers at the University of California, San Francisco (UCSF) as part of a more significant evaluation of mental health supports in California schools. UCSF will not ask for your child’s name on the survey.

If you have any questions, want to see the survey, or want your student not to participate in the program or the survey, please contact [DISTRICT/SCHOOL CONTACT NAME, PHONE, and EMAIL]. For information about the program, go to: https://www.indieflix.com/california.

Sincerely,

[DISTRICT/SCHOOL CONTACT NAME