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The word "Angst" written in a black, hand-drawn, cursive script font.

## Press Release

### Learners Edge Incorporates Documentary on Teen Anxiety into New Course for Teachers

**The new online course is designed to bring teen anxiety to the forefront and equip teachers with a better understanding of mental health issues.**

**Eagan, MN, May 1, 2019:** Learners Edge has partnered with IndieFlix, [Angst: Raising Awareness Around Anxiety](#), to launch an online course for teachers that amplifies the important topic of teen anxiety. The film is designed to spur conversation and deliver tips that can be used in day-to-day life; the Learners Edge online course supports that momentum with applicable and relevant learning for teachers who play an instrumental role in our youth's development. Learners Edge is hoping to reach thousands of teachers who seek continuing education courses for relicensure or recertification their teaching credentials or advancement through their salary schedule.

Teens describe the film as compassionate, supportive, relatable, and real. Angst features candid interviews with kids and young adults who suffer, or have suffered, from anxiety and what they've learned about it. The film includes discussions with mental health experts about the causes of anxiety and its sociological effects, as well as help, resources and tools. The film is anticipated to reach more than 3 million people through screenings at thousands of schools and communities around the globe.

Utilizing clips from this current and relevant documentary, Learners Edge hopes to fill an unmet need educators have in developing skills that are not typically taught in traditional undergraduate teaching preparation programs. "The role of teachers has evolved," said Eric Cohen, CEO of Learners Edge, "In addition to delivering core curriculum, educators are often looked to as an identifier of mental health issues and as a support system for students." Learners Edge focuses on continuing education course development that meets the ever-changing needs of teachers through delivery of compelling and applicable content. The new partnership with the team at Angst, is designed to fill a vast educational void that will benefit students, schools and communities for years to come.

Learners Edge Course 5102: Anxiety Awareness: Empowering Students with Help and Hope is available for registration at [www.LearnersEdge.com](http://www.LearnersEdge.com) and may be completed for continuing education graduate credit in partnership with various university partners or professional development hours.

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**For Immediate Release**

**ABOUT LEARNERS EDGE:** (<http://www.LearnersEdge.com>):

## LEARNERS EDGE

Founded in 2002, Learners Edge is committed to helping teachers reach the highest level of success in their classrooms and in their careers. Offering over 100 self-paced, continuing education courses for teachers across the country and around the world, Learners Edge is continually working towards its mission of improving the quality of teaching and learning.

**ABOUT ANGST:** (<https://angstmovie.com/>):

## Angst

Producers Scilla Andreen and Karin Gornick have one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of kids and teens who discuss their anxiety and its impact on their lives and relationships, as well as how they've found solutions and hope. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition.

**ABOUT INDIEFLIX FOUNDATION:** (<https://www.indieflixfoundation.org/>)

IndieFlix Foundation is a 501(c)(3) that promotes and supports social impact films to create positive change in the world. These programs screen directly in schools and communities to foster conversation at the family level and nurture a more social, emotional, empathetic culture.