

Anxiety BC Script First Draft

Written By

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FADE IN

001. EXT. ARTO'S HOUSE, BACK ALLEY/NWPL HALLWAY-DAY

ARTO walks along the hallway/alley.

MUSIC
(Fade in theme)

ARTO
What do you know about anxiety?

002. INT. CONFERENCE ROOM (NWPL) -DAY

NANCY wearing a business suit walks up to the podium looking nervous.

MUSIC
(Continues under)

CUT TO

003. INT. CONFERENCE ROOM (NWPL) -DAY

CU of Nancy's hands shaking, holding paper.

MUSIC
(Continues under)

004. INT. ARTO'S HOUSE PARTY-DAY

CU of MAGGIE, who is being introduced to TWO OTHER PEOPLE.
She looks nervous.

MUSIC
(Continues under)

005. EXT. ARTO'S PATIO-DAY

TEENAGER/BRIAN sits eating and looking nervous.

MUSIC
(Continues under)

006. EXT. ARTO'S BACK ALLEY/NWPL HALLWAY-DAY

Arto walks along the path/hallway.

MUSIC
(Change of music)

ARTO
Anxiety is normal and in many cases
can help us. It can help us do

ARTO (CONT'D)

better on tests, or keep us away
from dangerous situations.

MUSIC

(Continues under)

007. POST PRODUCTION GRAPHIC

Anxiety can trigger strong physical responses, such as
increased heart rate, rapid breathing, chest tightening,
sweating, upset stomach, dizziness, and chest pain.

MUSIC

(Continues under)

008. EXT. ARTO'S HOUSE, NEW WESTMINSTER-DAY

TRACY walks down the garden path towards Arto's front door.

MUSIC

(Continues under)

TRACY

Everyone experiences anxiety but
not everyone has an anxiety
disorder. If anxiety is affecting
your daily life, you may have an
anxiety disorder.

009. EXT. ARTO'S HOUSE, NEW WESTMINSTER-DAY

Tracy sits on a bench looking forlorn.

MUSIC

(Continues under)

TRACY

(Voiceover)

Most people with anxiety disorders
suffer in silence.

MUSIC

(Fades)

010. INT. THERAPIST'S OFFICE (ARTO'S COMPUTER ROOM) -DAY

A HEALTH PROFESSIONAL (Robert) sits at his desk.

ROBERT

Anxiety disorders are the most
common type of mental health
problem. One in four people will be
affected by anxiety in their
lifetime.

011. POST PRODUCTION GRAPHIC
- Anxiety disorders are characterized by excessive fear, anxiety, and distress. It can affect anyone regardless of age, gender, social status, or cultural background.
012. EXT. ARTO'S BACKYARD, NEW WESTMINSTER-DAY
- KASEY sits on a bench.
- MUSIC
(Change of music)
- KASEY
The good news is that anxiety disorders are among the most treatable mental health conditions.
013. POST PRODUCTION GRAPHIC
- Up to 80% of people who receive research supported treatment will get better and go on to live full and productive lives.
- MUSIC
(Continues under)
014. INT. NWPL CONFERENCE ROOM (GROUP THERAPY SCENE)-DAY
- The Health Professional stands off to the side of a group therapy session. 4-6 patients are gathered around the table listening to information about CBT from a THERAPIST (GEOFF).
- MUSIC
(Continues under)
- ROBERT
Cognitive behavioral therapy, or CBT, has been identified as the treatment of choice for anxiety disorders.
015. POST PRODUCTION GRAPHIC
- CBT has been proven effective for treating social anxiety disorder, obsessive-compulsive disorder, generalized anxiety disorder, panic disorder, posttraumatic stress disorder, special phobias, and separation anxiety disorder.
016. INT. THERAPIST'S OFFICE (COMPUTER ROOM AT ARTO'S)-DAY
- Robert sits at his desk.
- MUSIC
(Change of music)

ROBERT
If you or a loved one is suffering
from excessive anxiety, remember
this:

ROBERT (CONT'D)
(Voiceover)

SUPER:

Anxiety is normal and not life-threatening. Anxiety disorders are extremely common. You are not alone. Effective treatments such as CBT are available to help you manage anxiety.

017. EXT. BACK ALLEY, ARTO'S OR NWPL HALLWAY-DAY
ARTO walks along the path/hallway.

MUSIC
(Continues under)

ARTO
Everyone appearing in this video
has been diagnosed with an anxiety
disorder at some point in their
lives.

ARTO (CONT'D)
(Voice Over)
And through CBT they learned how to
effectively manage it. And guess
what? You can too!

018. INT. CONFERENCE ROOM (NWPL)-DAY
Nancy stands at the podium and smiles confidently.

MUSIC
(Continues under)

019. INT. ARTO'S HOUSE PARTY-DAY
CU of Maggie who is being introduced to two other people.
She is smiling.

MUSIC
(Continues under)

020. EXT. ARTO'S PATIO-DAY
Teenager/Brian sits eating. A FRIEND joins him and he smiles
and laughs.

021. POST PRODUCTION GRAPHIC

For further information and resources visit:
www.anxietyBC.com

022. POST PRODUCTION GRAPHIC

Closing titles:

"A Dream Nest Production"

Etc.

MUSIC
(Fades out)

FADE OUT

END