

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](http://www.anxietyBC.com)

022. POST PRODUCTION GRAPHIC

Closing titles:

"A Dream Nest Production"

Etc.

MUSIC  
(Fades out)

FADE OUT

END