

May 20, 2020

ABC7/KGO-TV CONNECTS AUDIENCE WITH MENTAL HEALTH PROFESSIONALS TO HELP WITH STRESS, ANXIETY, MINDFULNESS AND COPING TACTICS DURING PANDEMIC

'Your Mental Health: A Bay Area Conversation' Airs Thursday, May 21 (4:00 – 5:00 p.m. PDT), Live on ABC7

Questions for the panel can be submitted anonymously at <u>abc7news.com</u>.

ABC7 News presents **"Your Mental Health: A Bay Area Conversation,"** a one-hour virtual town hall and solution-based discussion, hosted by ABC7 Mornings anchor Reggie Aqui. ABC7 News reporter **Kate Larson** will moderate audience questions live from ABC7's Facebook throughout the event.

ABC7's panel of mental health experts will be LIVE during the town hall, answering questions, offering real solutions, and giving guidance on how to best care for yourself and others to make each day better during this pandemic and beyond. Panel members include the following:

- Dr. Christine Garcia, regional director Edgewood Center, San Francisco
- Dr. Andrew Huberman, associate professor of neurobiology & ophthalmology, Stanford
- Dr. Karyn Skultety, executive director, Openhouse, San Francisco

Questions from the public will be incorporated into the broadcast through an anonymous tip line and social media monitor in the studio, where ABC7 News hosts will be without a studio audience. The panel of experts will join the conversation live via a private Zoom conference. Questions and comments can be submitted via ABC7's private tip line on <u>abc7news.com</u> and on the <u>ABC7 Bay Area Facebook</u> page.

"Your Mental Health: A Bay Area Conversation" will air LIVE on ABC7/KGO-TV while viewers can simultaneously engage on Facebook. It will also be available live on <u>abc7news.com</u>, the <u>ABC7 News app</u>, all <u>ABC7 News connected TV apps</u>, the <u>ABC7 News Bay Area YouTube channel</u> and Apple News.

Twitter: <u>https://twitter.com/abc7newsbayarea</u> Facebook: <u>https://www.facebook.com/abc7news/</u>

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