



Sept. 10, 2020

**ABC7/KABC-TV LOS ANGELES PRESENTS A LIVE-STREAM TOWN HALL TO DISCUSS
HOW TO MANAGE MENTAL HEALTH DURING THE PANDEMIC**

Virtual Town Hall Will Stream Live Today, Sept. 10 (3:30 p.m. PDT)

Viewers Can Exclusively Stream Live on abc7.com and [ABC7's connected TV apps](#) on [Amazon FireTV](#), [Android TV](#), [Apple TV](#) and [Roku](#)



Cheryl Grills, Ph.D.



Dr. Luis Sandoval



Laura Gerson

KABC-TV, Southern California's most-watched television station, presents a half-hour virtual town hall to discuss coping with mental health during the pandemic on **THURSDAY, SEPT. 10** (3:30-4:00 p.m. PDT). The town hall will be led by ABC7 Eyewitness News reporter Denise Dador, who will present a panel of experts who will answer viewers' questions.

The panel of experts will focus on helping families cope with the current reality of stresses that include depression, anxiety, fear and uncertainty, and provide advice on how to manage the impact the pandemic has had on mental health. They will speak specifically to parents who have seen their roles transform to stay-at-home workers with added responsibilities to support their families as teachers, IT support, playmate, cook, etc. Additionally, the panel experts will share health tips for individuals that live alone and may be suffering from months of isolation and minimal physical contact with peers.

Viewers are encouraged to submit questions at abc7.com/coronavirus and click "[Ask the doctor.](#)"

Panelists include the following:

- Dr. Luis Sandoval, psychiatrist, Kaiser Permanente Orange County Medical Center
- Cheryl Grills, Ph.D., clinical psychologist, Loyola Marymount University

- Laura Gerson, parenting blogger and influencer at MomAngeles, CEO and co-founder of Nix|Gerson Media

The virtual town hall will exclusively stream **LIVE** at abc7.com, [ABC7 Los Angeles app](#) and ABC7 Los Angeles [connected TV apps](#) for [Amazon FireTV](#), [Android TV](#), [Apple TV](#) and [Roku](#). A recording of the virtual town hall will also be available at ABC7.com and ABC7's connected TV apps following the live stream.

About KABC Los Angeles

ABC7 Los Angeles is Southern California's No. 1 local news and information source. ABC7 is a leader in digital and social audience engagements and was the first station in the Los Angeles market to regularly broadcast news in high definition and also the first local television station in the United States to surpass 3 million Facebook followers. The station's offices and studio are located in Glendale, California.

Instagram: <https://www.instagram.com/abc7la/>

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