

*“1 in 8  
People  
Suffer  
From  
Social  
Anxiety”*



**andrew kukes  
foundation for  
social anxiety**



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200 East Palmetto Park Rd. Suite 817  
Boca Raton, Florida 33432



f: 561.880.6632



hello@akfsa.org



akfsa.org

**RESOURCES FOR**  
*Understanding  
& Overcoming*  
**SOCIAL ANXIETY**

The Andrew Kukes Foundation for Social Anxiety™  
is committed to building awareness and supporting  
work to improve the lives of sufferers of social  
anxiety and those whose lives they touch.

To learn more, visit [akfsa.org](http://akfsa.org)



## *Social Anxiety*

Social anxiety is the overwhelming fear of social or performance situations that can significantly and dramatically limit one's ability to live a meaningful and productive life.

The Andrew Kukes Foundation was founded to help bring an end to the suffering brought on by social anxiety. Our goal is to provide everyone — from sufferers to family, friends and mental health professionals — with greater resources to help treat and conquer this debilitating and sometimes fatal disease.



## *Mission*

Our mission is to educate social anxiety sufferers, mental health and educational professionals, physicians, family and the general public about the diagnosis and treatment of social anxiety disorder. We seek to partner with like-minded organizations to make a significant impact on those who suffer, their families and the professionals who provide treatment.



## *Andy's Story*

The foundation was founded by Andy's parents, Patricia Kukes and Jeffrey Kukes, and his brother, Scott Kukes. Andy took his own life on July 14, 2009 after an eight-year battle with social anxiety and the common co-occurring condition of depression brought on by this little-known and often misdiagnosed disorder.

*“Social anxiety does not discriminate.”*

*It affects people of all ages, all races and all cultures.”*



## *For Sufferers*

The AKFSA website has been designed with you in mind. We know that the information and resources provided will create a path for you to find hope and help. We hope the websites personal vignettes will build your knowledge base. AKFSA invites parents, teachers and mentors to be a part of the team supporting sufferers by using the video library, an ongoing investment that shines a light on this curable disease.



## *For Professionals & Organizations*

Visit [akfsa.org](http://akfsa.org) to find information on diagnosis, treatment methodologies and scholarly articles for social anxiety sufferers. You can also explore periodic continuing education offered by AKFSA through our partnerships.

We encourage you to join our growing network of informed professionals. AKFSA will add your contact information to a national map that will help individuals and families access practitioners who understand social anxiety.

Annually, we offer opportunities for like-minded professionals and organizations to submit proposals for grant consideration. In general, we consider proposals for:

- Public information, awareness and education programs/campaigns
- Educational outreach to “first responders”
- Partnership and collaborative projects aimed at professional education and treatment of social anxiety for sufferers and their families
- Early education and intervention for school-age children, teens and the professional staff associated with education
- Development of technology solutions

For more detailed information about our funding considerations and proposal deadlines, visit <http://akfsa.org/grantmaking-opportunities-program/>.