

IndieFlix presents



Angst

RAISING
Awareness
AROUND
Anxiety



TODAY abc NEWS People MensHealth AP

Anxiety is treatable.
Join us for a free screening of **ANGST**,
a film about anxiety, truth & hope.

Fear and anxiety have been common themes for many of us this past year. This documentary film brings the topic of mental health and anxiety out into the open and includes interviews with kids, teens, educators, experts, parents and an interview with former Olympian, Michael Phelps.

Post-film panel and discussion following the film facilitated by IndieFlix CEO Scilla Andreen featuring:



Dr. Laura Kastner PhD,
UW Dept. of Psychiatry
& Psychology.



Dr. Cesalie Stepney, PhD,
Psychiatry & Behavioral Medicine
Seattle Children's



Jenny Gruenberg,
Youth Coordinator
NAMI



Melrose,
Soar

THURS. MARCH 18 7 - 8:45 PM

REGISTRATION: [HTTP://BIT.LY/ANGSTMVIEEVENT](http://bit.ly/angstmovieevent)



This FREE event is offered to WA State High Schools and their families. Register now, limited audience.

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Subtitles for Angst include: Arabic, Chinese, English, French, Portuguese, Spanish and Thai.