

INDIEFLIX

Angst

RAISING
Awareness
AROUND
Anxiety



Wednesday, September 20, 2023

**6:30 – 8:00pm ~ Great River Regional Library
Mississippi Room**

1300 W St. Germain Street, St. Cloud, MN 56301

Angst is a film that explores anxiety, its causes, effects and what we can do about it. The filmmakers' goal is to have a global conversation and raise awareness around anxiety. *Angst* features candid interviews with kids and young adults who suffer, or have suffered, from anxiety and what they've learned about it. The film includes discussions with mental health experts about the causes of anxiety and its sociological effects, as well as help, resources, and tools. After the film, we will have a panel discussion with area mental health professionals.

Please join us! This is **FREE** but we ask that you please register using the link below as seating is limited:

<https://www.eventbrite.com/e/community-screening-of-angst-tickets-698334426067?aff=oddtcreator>

This event is intended for providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns, or Wright County. If you are a parent or a caregiver, we encourage you to bring your child(ren), suggested viewing age is 10+.

This event made possible by



Adult Mental Health Initiative
Benton, Sherburne, Stearns & Wright Counties
www.mnmentalhealth.org

