

INDIEFLIX

# Angst

RAISING  
Awareness  
AROUND  
Anxiety



**Tuesday, November 22<sup>nd</sup>**

**5:30-7:30pm ~ Whitney Senior Center**

1527 Northway Dr., St. Cloud, MN 56303

*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 or the QR code:

<https://www.eventbrite.com/e/conversations-around-anxiety-with-the-movie-angst-tickets-432893374737>



This event was organized by the Central Minnesota Suicide Prevention Coalition  
<https://www.facebook.com/CentralMNSuicidePreventionCoalition>



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