

IndieFlix
ORIGINAL



**IndieFlix Shines the Light on Anxiety with Must-See Documentary,
“ANGST: RAISING AWARENESS AROUND ANXIETY”**

**NEW FILM CREATED TO START COMMUNITY CONVERSATIONS ABOUT ANXIETY &
PROVIDE TOOLS, RESOURCES & HOPE SCREENS**

WHEN: SUNDAY, SEPTEMBER 30, 2018

WHERE: ALDRSGATE UNITED METHODIST CHURCH, in the SANCTUARY
1201 IRVINE BLVD., TUSTIN, CA 92780

TIME: 6:00 – 8:00 p.m.

IndieFlix, a leading independent online streaming platform, along with its non-profit arm, the IndieFlix Foundation, is sparking a global conversation about anxiety through screenings of its brand-new documentary, “[Angst: Raising Awareness Around Anxiety](https://angstmovie.com/)”.

The event will feature a viewing of the 56-minute film, followed by an informative panel discussion, led by Sue Conklin, LCSW, with special guests, Cindy Ellington, MFT and Dr. Julie Schuck, psychologist.

Producers Scilla Andreen and Karin Gornick have one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of many kids and teens who discuss their anxiety and its impacts on their lives and relationships, as well as how they’ve found solutions and hope. The film also includes a special interview with Michael Phelps, a mental health advocate and one of the greatest athletes of all-time. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition.

Part of the beauty of this film is the openness of the children and young adults featured; for some of them, the “Angst” project marks the first time they are publicly sharing their experiences with anxiety. Our hope is that their candidness and bravery will inspire our community to do the same.

“The conversation surrounding mental health really hits home for me,” said Michael Phelps. “Many people don’t understand how debilitating mental illness truly can be, and even more than that, how common it is, yet people are afraid to have the serious discussions about it. I welcomed the opportunity to be a part of ‘Angst’ to further the dialogue around mental health and to help people understand the impact anxiety has on our mental state and encourage people, especially kids, to ask for help.”

To learn more, visit <https://angstmovie.com/>