

INDIEFLIX PRESENTS

# Angst

RAISING  
Awareness  
AROUND  
Anxiety



**IndieFlix**

55 MINS - APPROPRIATE FOR AGES 10 AND UP

**MAY 7, 2019, 6 PM**

**SCREENING & Q/A** SESSION

**Cinemapolis Theatre**  
**120 E. Green St, Ithaca**  
**6:00 p.m.**

## ***Angst: Raising Awareness around Anxiety***

*Angst* is an IndieFlix Original documentary designed to raise awareness around anxiety. The goal specifically is to help people identify and understand the symptoms of anxiety and encourage them to reach out for help. The film includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps.

Contact Theresa at [talbert@tompkins-co.org](mailto:talbert@tompkins-co.org) or 274-5310 with questions.



**FREE, NO  
REGISTRATION  
REQUIRED**

**A new documentary  
that explores  
anxiety, its cause  
and effects, and what  
we can do about it.**

**By opening a  
dialogue and  
normalizing (not  
trivializing) anxiety  
we can help each  
other and ourselves.**

**Film is approx. 55  
minutes followed  
by a 30-minute  
Q&A**

**TOMPKINS COUNTY  
YOUTH SERVICES DEPT**

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