



## ANGST: RAISING AWARENESS AROUND ANXIETY A MUST-SEE DOCUMENTARY

On top of academic and social stress, the uncertainty and fears of this past pandemic year have brought all of us a lot more anxiety than before.

Join us for a special screening of Angst. The one hour documentary delves into all aspects of our society's most common mental health challenge.

It explains what's going on, and what we can do about it to help both ourselves and others via:

- A unique and revealing interview with mental health advocate Michael Phelps, the most decorated athlete in Olympic history.
- Candid interviews with kids and teens, who discuss their anxiety, its impacts on their lives and relationships, as well as how they've found solutions and hope.
- Tips, tricks and strategies to help reset thinking patterns, push back against anxiety and support others.



## TUESDAY 26 JULY

7.30pm–8.30pm

### VENUE

OneHope Centre  
4–32 Province Boulevard, Highton

### BOOKINGS

Scan the QR code.

This is a free event  
but tickets are  
required.

