



MONDAY, MARCH 15TH, 7:00 - 8:30 p.m. EST



NAMI Sussex invites you to join us for a free online screening of the powerful [IndieFlix](#) documentary film "[Angst: Raising Awareness Around Anxiety](#)".

Kids and teens share their struggles with anxiety and discuss its impacts on their lives and relationships, as well as how they've found solutions and hope. Mental health experts explain the causes and sociological effects of anxiety and recommend resources and tools available to address the condition.

The 55-minute film will be followed by an informative 35-minute panel discussion with one of the filmmakers and expert guests. To learn more about the film and view the trailer, visit www.angstmovie.com.

To reserve your free ticket, click [here](#).

NAMI Sussex is an all-volunteer 501(c)(3) nonprofit organization that provides support, education, and advocacy throughout the Sussex County, New Jersey area on behalf of individuals and families affected by mental illness.

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