

Welcome to “Angst,” a documentary that raises awareness about anxiety

Liberty has partnered with IndieFlix to make the documentary “Angst” available globally for home viewing from Oct. 8 – Nov. 30. “Angst” is an award-winning film that may help you and your loved ones learn about anxiety and ways to manage it.

The documentary focuses on teens and parents and their experiences with anxiety, which affects people of all ages and is one of the most common mental health concerns globally. “Angst” features real-life stories, told in a moving and compelling way through vignettes that offer insights into anxiety and techniques for dealing with it.

Liberty is offering this film because we recognize that this is a time full of unease for many of us. Worry about emotional, physical and financial well-being – for ourselves and our loved ones – has left many of us feeling overwhelmed and stressed. We want to make sure that individuals who deal with anxiety, whether personally or within their network of friends and family, have resources to cope. Angst is one resource that Liberty offers to support your mental health and well-being. Watching “Angst” is entirely voluntary.

An additional note:

This film is a very honest discussion about various mental health conditions, including anxiety, obsessive compulsive disorder and panic disorder. Please be sure you’re in the right mindset when you view it. You may also consider watching with your loved ones or household members (ages 10+), as appropriate.

If you would like to connect with a counselor after viewing the documentary – or at any time – go [here](#) to access resources that Liberty offers in your country.

