

We are inviting educators, HR & Wellness Managers and mental health professionals to preview our films from the IndieFlix Mental Health Trilogy during August. The registration links are below, please click on any or all that may be a good fit for your organizations.

Everyone loves movies, and this is a great way to "reach out" to your students, employees & community and spark the conversation. All 4 live screening events will be followed with an expert panel for audience questions. The films in the trilogy each feature top experts, science, real-life stories and easy tips to manage and navigate our way during this stressful, unprecedented time of uncertainty.

## **ANGST - THURSDAY, AUGUST 13th**



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

[Click here to watch the trailer](#)

[AngstMovie.com](http://AngstMovie.com)

[Click to Register for Thursday, August 13 at 3:30 pm PST / 6:30 pm EST](#)

## **LIKE - TUESDAY, AUGUST 18th**

# LIKE

LIKE explores the impact of social media on our lives and the effects of technology on the brain. The goal of the film is to inspire and help equip us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care... but is that what's really happening?

[Click here to watch the trailer](#)

[TheLikeMovie.com](http://TheLikeMovie.com)

[Click to Register for TUESDAY, AUGUST 18 at 9 am PST / 12 Noon EST](#)

**ANGST IN SPANISH - WEDNESDAY, AUGUST 19TH**

# Angst

Angst is designed to raise awareness around anxiety and includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps. Our goal specifically is to help people

identify and understand the symptoms of anxiety and encourage them to reach out for help.

[Click here to watch the trailer](#)

[AngstMovie.com](http://AngstMovie.com)

[Click to Register for EN ESPAÑOL - miercoles, el 19 de agosto 9 am PST / 12 noon EST](#)

## **THE UPSTANDERS - THURSDAY, AUGUST 20th**



The Upstanders explores cyber-bullying, bullying amongst friends, families, co-workers and the brain science behind it all. It delves into the power of resilience, adaptability, community and belonging. The film highlights new laws and well established programs already reducing bullying in schools and communities.

[Click here to watch the trailer](#)

[TheUpstanders.com](http://TheUpstanders.com)

[Click to Register for Thursday, August 20th, 9 am Pacific / 12 noon Eastern](#)

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