

ABSTRACT

Everyone in general must have felt anxiety when in certain situations, such as when undergoing school exams, fear when meeting new people, and so on. It is common and natural, but if the anxiety is excessive, it can interfere with everyone's daily life. When it has been disturbing, of course we consult experts, namely Psychologists or Psychiatrists. However, there are obstacles that occur when you want to consult, such as constrained by a fairly solid time, consultation costs that are quite expensive, to fear being stamped with negative stigma by others. Therefore, a solution is needed with the aim to help everyone overcome their anxiety, provide information and raise awareness to the public about anxiety disorders. For data collection, qualitative research methods will be applied to this report, such as conducting observations, literature studies from various sources, and conducting interviews with several trusted sources. After all the data is collected, the data is analyzed with qualitative descriptive methods, comparison matrix analysis and SWOT analysis. So found a proper media strategy that is to createazine that discusses anxiety disorders, so it is expected to help young adults in overcoming anxiety and providing awareness of anxiety disorders to the audience.

Keywords : *Anxiety Disorders, Zines, Mental Health, Information, Young Adults.*