

## **ABSTRACT**

*Anxiety disorders are one of the most common mental disorders in Indonesia, especially among young people. However, it is often underestimated in the wider community, even considered lightly. Because of this bad stigma, young people often feel reluctant to seek professional help and get the care and treatment they need, many of whom hesitate to even talk about it. Even so, various media are now actively voicing mental health issues through various platforms. Digital comics are one of the most popular media, with millions of active readers from all over the world. Paying attention to mental health is very important because mental disorders if not handled properly can endanger themselves and the environment. Good educational media are media that can convey messages effectively by utilizing aspects of familiarity or relatability with the audience.*

*Through the design of this digital comic, supported by data collected through quantitative methods and literature studies as well as comparison matrix analysis, it is hoped that young people and the wider community will be more aware of mental health issues so that young people will no longer hesitate to seek help.*

*Keywords: Digital comics, anxiety disorders, awareness.*