

# PROGRAM 2021

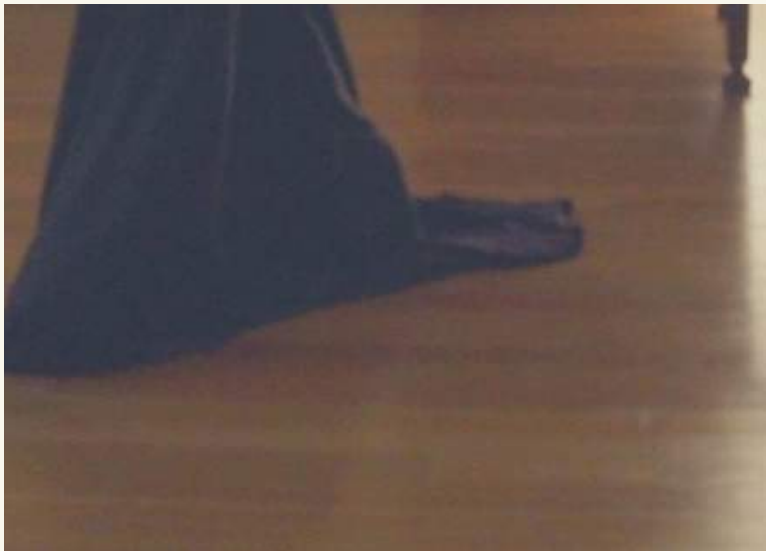


## GO MENTAL! INTERNATIONAL SHORT FILM FESTIVAL

**ON VIMEO & ZOOM**

**MAY 26-30, 2021**

Enjoy 25 short films on mental health selected by our jury out of 1,800 films total from over 113 countries.





# FESTIVAL STREAM PART I

**MAY 26-29 ON VIMEO**

**SKÓGAFOSS | Director: Niels Bourgonje |  
Country of Origin: The Netherlands |  
Runtime: 10:00 min. | Mental Health Topic:  
Parent-Child-Relationships**

While on vacation with his girlfriend, Gijs receives a phone call from his mother that reveals her troubled mental state and their complex relationship.

**OFF-WHITE | Director: Jesús Noa |  
Country of Origin: Spain |  
Runtime: 8:52 min | Mental Health  
Topic: Grief & Death**

Carmen takes care of her sick terminal mother and receives a visit from her sister.

**EMPATHY | Director: Lea "Leo" Bouchal |  
Country of Origin: Austria |  
Runtime: 11:26 min | Mental Health Topic:  
Depression / Existentialism**

The short film EMPATHY encourages the viewers to gain awareness towards those who struggle with mental health problems. The film shows how living with depression can be.





# FESTIVAL STREAM PART I

**MAY 26-29 ON VIMEO**

**LETTERS: the art of grieving | Director: Nich Perez | Country of Origin: United States | Runtime: 20:00 min | Mental Health Topic: Grief & Death**

An intimate cinematic meditation on the creativity that intertwines with the lives of three women: a poet and fiber artist who lost her husband to Alzheimer's disease, an artist whose 9-week-old son died unexpectedly, and a young painter who lost her mother to brain cancer.

**ROSE AND BLUE | Director: Julie Boehm | Country of Origin: Germany | Runtime: 5:00 min | Mental Health Topic: Grief & Death**

The farewell of a balloon from the earth to the pink blue universe.

**SOLUTION FOR SADNESS | Director: Marc Martínez Jordán, Tuixén Benet | Country of Origin: Spain | Runtime: 15:00 min | Mental Health Topic: Depression / Existentialism**

A mysterious package offers a woman a reprieve from her melancholy, only its results are more permanent and pervasive than she realizes.





# FESTIVAL STREAM PART I

**MAY 26-29 ON VIMEO**

**TOKE | Director: NONO |**

**Country of Origin: United Kingdom |**

**Runtime: 6:42 min. | Mental Health Topic:  
Mental Health & Stigma**

Set in the urban metropolis of London, TOKE, is an intimate portrait of Danish-born dancer Toke Broni Strandby. Director NONO expertly visualizes the emotionally layered journey we endure to fulfill our dreams while exploring themes of identity, contemporary alienation, and acceptance.

**IN MEDIAS RUSH | Director: Esben Persson |**

**Country of Origin: Denmark |**

**Runtime: 15:10 min | Mental Health Topic:  
Mania**

IN MEDIAS RUSH is a journey into the depths of a manic mind. A young man celebrates his birthday while thoughts are multiplying. With an unwilling foot on the accelerator he is heading over the edge.

**DEEPER THAN BLUE | Director: Devon**

**Robertson | Country of Origin: Canada |**

**Runtime: 8:00 min. | Mental Health Topic:  
Depression / Existentialism**

DEEPER THAN BLUE explores a shadowed medical crisis called postpartum depression that affects mothers. Told through Amanda Munday; her heartbreaking and empowering story of her experience with postpartum depression following the birth of her daughter Fiona.





# FESTIVAL STREAM PART I

**MAY 26-29 ON VIMEO**

**I AM A VERY SPECIAL BEING |**

**Director: Marcus Mandal | Country of Origin: Denmark | Runtime: 3:46 min | Mental Health Topic: Autism**

40-year-old Christian is diagnosed with autism. He wrote the lyrics for this song about who he is - and he sings it himself.

**THE CITY OF HONEY | Director: Moein Ruholamini | Country of Origin: Iran | Runtime: 7:30 min | Mental Health Topic: Trauma**

A short film on the difficult psychological intricacies children go through in times of war and civil unrest.

**UMBRELLA | Director: Ben Apolloni | Country of Origin: Kosovo | Runtime: 19:13 min | Mental Health Topic: Trauma / PTSD**

UMBRELLA is about the drama of the relatives of the missing several years after the end of the war. It talks about the life of a woman who, during the war, when she had just gotten married, was taken from her husband whose fate is still unknown.

**DRIFTED AWAY | Director: Ricardo Alfonso Lopéz | Country of Origin: Chile | Runtime: 8:00 min. | Mental Health Topic: Relationships / Parents & Children**

Marcela is a child that wakes up faded inside an unknown house. She asks for her mother without results, and then she discovers a secret.



# FESTIVAL STREAM PART II

**MAY 26-29 ON VIMEO**

**STAY HOME, STAY SAFE, STAY SANE? |**

**Director: Nick Hales | Country of Origin: United Kingdom | Runtime: 3:05 min |**

**Mental Health Topic: Depression / Existentialism**

The slow decline of a worker over lockdown. A story that may, or may not echo my own days of the Covid pandemic in front of the computer screen.

**ATTESOR | Director: Mohammad Jeddi |**

**Country of Origin: Italy |**

**Runtime: 14:59 min. | Mental Health Topic: Relationships / Parents & Children**

Rosetta lives with her father Giulio who suffers from Alzheimer's. Giulio, now at an advanced stage of the disease, begins to mistake Rosetta for his dead wife named Maria, revealing something of his past that he had kept hidden from her.

**IRIS | Director: Raphael Lopez, Quentin**

**Caffier | Country of Origin: France |**

**Runtime: 15:00 min | Mental Health Topic: Body Image / Eating Disorder**

Iris, a young model, has an important casting in town that can bring her to the Paris Fashion Week. As she wakes up in an old motel lost in the karoo, she needs to reach Cape Town and meets Genesis, a Xhosa man driving an old car.





# FESTIVAL STREAM PART II

**MAY 26-29 ON VIMEO**

**A DAY IN THE LIFE OF A BOY | Director: Niklas Bauer | Country of Origin: Germany | Runtime: 14:24 min | Mental Health Topic: Autism**


Autistic boy Daan has a unique perspective on the world. His little sister Millie struggles with his sometimes strange behaviour and the lack of attention she gets from their single mother.

**ECHO | Director: Lieke Bezemer | Country of Origin: Netherlands | Runtime: 6:17 min. | Mental Health Topic: Trauma / Abuse**

ECHO portrays a mysteriously frozen world, consisting of empty landscapes, lonely trees, mythological creatures and an abandoned home. A world which, at first glance, seems similar to the world we all share together - yet feels uncanny.

**DO YOU REALLY WANNA KNOW? | Director: Francesca de Bassa | Country of Origin: United Kingdom | Runtime: 2:56 min. | Mental Health Topic: Personal Change & Growth**

DO YOU REALLY WANNA KNOW? is a song talking about mental health. The singer and songwriter made the song to bring awareness to the topic of going through very tough moments in life.



# FESTIVAL STREAM PART II

**MAY 26-29 ON VIMEO**

**SOUL | Director: Mónica Santos |  
Country of Origin: Portugal |  
Runtime: 7:53 min. | Mental Health Topic:  
Self-Worth**

A poetic expedition, where a wanderer looks for her soul mate, solely to find it close to her.

**PSYCHIATRIST AS PATIENT: Caring for the  
Caregiver | Director: Stephanie Choriatis |  
Country of Origin: United States |  
Runtime: 11:28 min | Mental Health Topic:  
Bipolar Personality Disorder**

PSYCHIATRIST AS PATIENT: CARING FOR THE CAREGIVER is a riveting story that sheds light on one doctor's mental health journey from secrecy and sickness to health and hope.

**SINCERELY, ANTHONY | Director: Max  
Shoham | Country of Origin: Canada  
Runtime: 1:09 min. | Mental Health Topic:  
Suicide**

Everyone deals with the suicide of a friend differently. This film is an exploration of the acceptance of a best friend's death through an imagined letter left behind.

**THE PITMAN | Director: Neda Haji Mirzaei |  
Country of Origin: Iran |  
Runtime: 9:46 min. | Mental Health Topic:  
Grief & Death**

After his mother's funeral, a boy tries to cope with the aftermath of the burial in becoming a pitman himself.





# FESTIVAL STREAM PART II

**MAY 26-29 ON VIMEO**

**GO MAKE MEMORIES | Director: Carl Mason |  
Country of Origin: United Kingdom |  
Runtime: 13:24 min | Mental Health Topic:  
Relationships / Parents & Children**

GO MAKE MEMORIES is a short film which hopes to raise awareness of the ultra-rare and devastating group of genetic conditions, Niemann-Pick disease (NPD). The experiences of the individuals and families affected by NPD takes centre stage in this production.

**GOOD THANKS, YOU? | Director: Molly  
Manning Walker |  
Country of Origin: United Kingdom |  
Runtime: 13:15 min. | Mental Health Topic:  
Trauma / Abuse**

**GEO-BLOCKED | FOR GERMAN AUDIENCE ONLY**

In the aftermath of an attack, Amy is left voiceless, trapped in a whirlwind of incompetence. She must find a way to confront what has happened, in order to save what matters to her most.

**SEVEN CENTIMETERS FROM MYSELF |  
Director: K Rajagopal, Sharda Harrison |  
Country of Origin: Singapore |  
Runtime: 20:00 min | Mental Health Topic:  
Bipolar Disorder**

SEVEN CENTIMETERS FROM MYSELF is about two friends reconnecting after several years through a phone conversation to talk about their mental health conditions.

