



MENTAL HEALTH FILM FESTIVAL

June 25 & 26

Two evenings. Five films.
Live discussions with filmmakers &
guests. And a community that cares
about **mental health**.

**More information &
FREE registration:**
<https://bit.ly/2020mhff>

June 25: An evening of shorts

A collection of short films featuring:

- **Kaeru.** *A darkroom photographer named Mitsuko struggles with self doubt.*
- **Black Vietnam: Into the Light.** *Black Vietnam veterans heal their symptoms of PTSD by retelling their stories of war and racism and engaging in holistic practices like meditation, tai chi, and Reiki.*
- **Here Today.** *A high school girl struggles to find her own identity with a new group of friends and discovers their choices have an impact beyond what they ever imagined.*
- **Together We Rise.** *Michael wakes up from a nightmare surrounded by his three friends on a holiday in a mountain chalet. Michael is feeling wired, he's having visions. In the evening, a power cut occurs, then strange events begin.*

**Followed by Q&A with directors
Ann James & Erica Arvold**

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June 26: Cracking Up

Cracking Up follows a year in the life of Stand Up For Mental Health. You'll see a group of people who suffer the stigma of mental illness on a daily basis; strangers fear them, staring and whispering behind their backs. Many of them have survived suicide attempts, psychotic breaks and have been in and out of institutions for years. But ultimately, they are the underdogs who set out to achieve something that even they don't believe they will be able to do... confront their demons and find humor in some of their most horrible and emotionally painful experiences. The comedy class offers a "safe place" where everyone in the group is free of stigma and treated with respect. You'll see the comics from their first time at the mic to their graduation showcase in front of a packed house!

**Followed by a conversation with
actress, singer & author Rain Pryor**



COLUMBIA
film festival