



# **MENTAL FILMNESS**

**A FILM FESTIVAL ABOUT  
MENTAL HEALTH**

**Saturday, October 12, 2019  
4:00 P.M.-10:00 P.M.**

**Saturday, October 13, 2019  
3:00 P.M.-10:00 P.M.**

**Comfort Station  
2579 N. Milwaukee  
Chicago, IL 60647**

**Saturday, October 12, 2019  
4:00 P.M.-10:00 P.M.**

**First Shorts Block (4:00 p.m.-5:20  
p.m.)**

***Call Connect* (16:36) (Dir. Indianna  
Bell and Josiah Allen, Australia)**

**“A young helpline operator takes her  
first call.”**

***My Room 37* (14:24) (Dir. Beatrice  
Wong, Hong Kong)**

**“Will I stay or will I leave this room  
that felt the best? A brief first hand  
account of my darker days in  
depression, journeying through my  
tangled thoughts to the exit.”**

***Party Of Two* (14:04) (Dir. Maria  
Alvarez, United States)**

**“Over the course of one night,  
Maxine encounters a carefree**

**woman who helps her discover a reason to live.”**

***Jacob (9:15)* (Dir. Bobby Chase, United States)**

**“After finding his older brother’s lifeless body, the suicide prompts cathartic changes in a young man. A true story about discovering the importance of humor amongst life’s darkest moments.”**

***Brushes With Life: Art, Artists & Mental Illness (27:00)* (Dir. Philip Brubaker, United States)**

**“Eight artists living with various mental health diagnoses talk about their experiences and the gallery that brings them all together.”**

**Break/Q&A with Philip Brubaker-  
until 5:50 p.m.**

**2nd Shorts Block (5:50 p.m.-7:00  
p.m.)**

***Doctors Don't Cry* (12:47) (Dir.  
Nathan Xia, United States)**

**“A Chinese mother and her  
depressed son struggle to repair  
their relationship strained by the  
pressures of social media and  
academics.”**

***Gray Umbrella* (8:32) (Dir.  
Mohammad Poustindouz, Islamic  
Republic of Iran)**

**“Mr. Maleki has a permanent habit,  
until a man with an umbrella enters  
his life.”**

***Jeff Vs. The Mailbox* (15:47) (Dir. Dru  
Wortham, United States)**

**“An agoraphobic recluse is forced to  
traverse through the unknown to  
retrieve that which matters most to  
him. . . his mail.”**

***Antelope* (15:52) (Dir. Ben Grace,  
United Kingdom)**

**“After being released from hospital,  
a conflicted twenty-something  
struggles to reconnect with her  
family following a failed suicide  
attempt.”**

***Bullets* (10:56) (Dir. Travis Neal,  
United States)**

**“A story of suicide and pizza.”**

***Stepping Out* (6:50) (Dir. Joel Smith,  
Australia)**

**“A young woman struggles to  
overcome her OCD in order to go on  
a date.”**

**Dinner Break - 7:00 p.m.-8:00 p.m.**

**Feature At 8:00 p.m.: *State Of Mind*  
(133 min.) (dir. Hopewell Rugoho  
Chin'ono, Zimbabwe)**

**“*State of Mind* is a documentary film  
looking at mental illness in  
Zimbabwe.”**

**Sunday, October 13, 2019  
3:00 P.M.-10:00 P.M.**

**1st Shorts Block (3:00 p.m.-4:20  
p.m.)**

***The Bird* (9:03) (dir. Sakari  
Sankinnen, Finland).**

**“Matias (12) has once again  
struggled through one ponderous  
school day. After school he ran all  
the way back home, where he could  
breathe and set his over-compulsive-  
order free.”**

***The Club That No One Wants To  
Belong To* (14:00) (Dir. David Grewe,  
United States)**

**“This documentary chronicles the  
life of author Michelle Miller, of San  
Diego, CA, a middle-aged widow, and  
how she and her family are dealing  
with the suicide death of her  
husband John. Miller often refers to  
herself as ‘The Widow Bitch.’”**

***Blessed Days* (13:00) (Dir. Valentina Casadei, France)**

**“Adèle, an 85 years old lady, confronts very hardly the loss of her husband, after 63 years of shared life. An unexpected dream will bring Adele to relive the last moments of their life together, at the museum. She will be able to overcome the pain.”**

***Assisted Suicide* (21:30) (Dir. Herb Cremer & Joe Cremer, United States)**

**“Kristen’s suicide is hindered when her friend Nancy decides to help her.”**

***Royal Blood* (14:33) (Dir. Benjamin Rouse, Canada) (U.S. Premiere)**

**“A privileged young woman tries to find the compassionate higher**

**ground when she is torn between the narcissistic insecurities of her former beauty queen mother, and The Queen, a mentally ill homeless woman who puts on regal airs.”**

**Break – Until 4:50 p.m.**

**2nd Shorts Block (4:50 p.m.-6:00 p.m.)**

***All That You Love Will Be Carried Away (14:10) (Dir. Kasey Rae, United States)***

**“Alfie Zimmer is a suicidal salesman with a notebook full of everyone else's stories. But tonight he's forcing himself to figure out the ending to his own.”**

***In My Head (9:49) (Dir. Dean Gild, Australia)***

**“When your head is full of insecurities, fear can rule reality.”**

***Afterglow* (11:48) (Dir. Akira Kamiki, Brazil)**

**“*Afterglow* is a sensorial movie about finding the joy of living again. David discovers that his boyfriend Allen is suffering from depression and, on the course of a day, makes him see the beauty and pleasure of the most mundane things.”**

***I Came From The Future* (4:00) (Dir. Dave Lojek, Germany)**

**“A brooding businessman reads his own suicide note on a roof. He ponders many questions about time travel.”**

***A Son Like Others* (19:00) (Dir. Antonio Sequeira, Portugal)**

**“Dinis is a teenager and like others wants to go to university. But he has recently been diagnosed with schizophrenia. His mum wants him**

**to have a normal life but she also needs to protect him. Can she do both?”**

**See You Tomorrow (3:00) (dir. Katarzyna Kochany, Canada)**

**“Two macho cops, secretly haunted by PTSD, find deeper camaraderie in the aftermath of a case that pushed them both to the brink.”**

**Dinner Break – 6:00-7:00 p.m.**

**3rd Shorts Block (7:00 p.m.-7:40 p.m.)**

***Farewell Happy Fields* (15:41) (Dir. Kyle William McDonnell, Australia)**

**“Featuring original poetry from award-winning author Fiona Wright, *Farewell Happy Fields* is a sombre, agonisingly-intimate portrait of an artist seeking treatment for their illness through their work.”**

***D.A.P. Inside Other Places (9:34) (Dir. Luca Angioli, Italy) (U.S. Premiere)***

**“Mr. Pascal is in the waiting room of a doctor waiting to be visited, and this expectation immediately becomes a source of great anxiety, which our protagonist projects towards other people in the room with him. The announcement by the doctor's assistant of a delay by the latter triggers a real panic attack, which turns into a hallucinatory and hypnotic journey in the lives and minds of all the people present in that small room.”**

***For A Better Life (9:32) (Dir. Yasmin Mistry, United States)***

**“Sold for \$100 at the age of 5, Fekri suffers through years of abuse before his plight is discovered. After almost a year of hospitalization and therapy Fekri moves into a group home where he finds support, mentorship, and eventual**

**forgiveness towards the family  
which sold him.”**

***Nobody But Myself* (6:09) (Dir. Kat  
Dolan, United States)**

**"*Nobody but Myself* is a love poem to  
my depression," says poet Kat  
Dolan, "She keeps my life interesting  
and by choosing to accept her for  
exactly who is, rather than hiding or  
trying to fight her, I have found  
happiness in being nobody but  
myself."**

**Break/Q & A With Kat Dolan until  
8:30 p.m.**

**Feature at 8:30 p.m.-10:00 p.m.**

***Bloodlines: The Art and Life of  
Vincent Castiglia* (dir. John  
Borowski, 90 min.)**

**“Vincent Castiglia paints in human  
blood.”**

**John Borowski Q & A – 10:00-10:30  
p.m.**

## **Special Thanks To Our Jury**

**David Canfield**

**Kirstyn Cobb**

**Katie Gartner**

**Colleen Kerrigan**

**Jim Laczkowski**

**Mike McCune**

**Deanna McMillan**

**Tyler Anna Neufeld**

**Leslie Phipps**

**Amanda Wallace**



**Special thanks to Raul Benitez, the staff of Comfort Station, the filmmakers, and our audience. Thank you for supporting Mental Filmness. Look for details about next year's program at**

**<http://www.mentalfilmness.com> and**

**<https://www.facebook.com/-mentalfilmness/>.**