SCOTTISH MENTAL HEALTH ARTS FESTIVAL

Focus On Film

mhfestival.com
#SMHAF24

WED 16 – SAT 19 OCTOBER 2024

CCA: CENTRE FOR CONTEMPORARY ARTS
350 Sauchiehall Street, Glasgow G2 3JD

GLASGOW FILM THEATRE
12 Rose Street, Glasgow G3 6RB

MENTAL HEALTH FOUNDATION

Join us for the Scottish Mental Health Art Festival's four-day film programme in Glasgow, celebrating the best new films that explore mental health in diverse and imaginative ways.

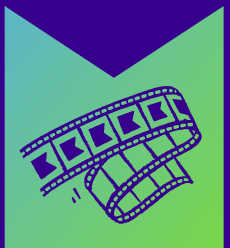
With four feature films, 27 shorts, and two special screening events, we'll be highlighting exceptional work from Scottish talent and international filmmakers, including from Australia, Canada, Greece and Singapore.

Every screening will include a discussion with filmmakers and invited guests – visit mhfestival.com for the latest announcements. SDH captions are available for all screenings and, unless otherwise stated, all events take place at CCA and tickets are Pay What You Can: £7 / £5 / £3 / FREE.

INTERNATIONAL FILM AWARDS

Awards: Our annual ceremony celebrates the very best in mental health filmmaking. From over 400 submissions, we celebrate the winning films across ten categories including best narrative feature, human rights and experimental. Hear from this year's award-winning filmmakers, discover what's coming up over the weekend and enjoy a reception at CCA's Third Eye Bar. *Includes BSL interpretation.*

Thu 17 Oct, 7-9pm, Doors 6.30pm
Free | tikt.link/filmawards



THE TASTE OF MANGO

Chloe Abrahams, UK, USA, 2023, 1h15m

Documentary: Chloe Abrahams' debut feature is a heart-wrenching and beautiful meditation centring on three generations of women wading through their entangled histories, leaning into themes of identity, history of violence, trauma and healing.

Wed 16 Oct, 8-10pm
Glasgow Film Theatre
Pay What You Can: £10 / £8 / £6 / £4 / £2 / FREE | Book: glasgowfilm.org
Age 15+: Discussions of domestic violence and rape

REMEMBER 2 REPLENISH

Shorts: This immersive screening event delves into the lived experiences of Black women, offering a cinematic exploration of self-care and resilience. The featured shorts highlight the often-overlooked realities of burnout, the pressure of societal expectations, and the journey towards healing and empowerment.

Thu 17 Oct, 5-6.30pm (public screening)
tikt.link/replenish

Sat 19 Oct, 2-3.30pm (Sistah's screening)
cnoellecharles@mentalhealth.org.uk
15+

IN DIALOGUE // DOCUMENTALITY: THE PRICE OF PASSION REPORT

Workshop: What is the mental health cost of working in documentary filmmaking? This open forum conversation, with speakers including Rebecca Day from Film in Mind, will centre on the latest DocuMentality report exploring the ways in which documentary filmmaking is impacting our mental health. Nibbles provided.

Fri 18 Oct, 12.30-2pm
Book: tikt.link/documentality

IN COMMUNITY

Shorts: A collection of films that explore collective healing, providing spaces to address anxiety, inner wounds and inequality. These diverse UK-based filmmakers highlight the essential role of community in supporting mental health.

Fri 18 Oct, 2.30-4.40pm
tikt.link/community
12+: See website for content notes

MY DAD'S TAPES

Kurtis Watson, Canada, 2024, 1h22m

Documentary: A remarkable trove of home movies spark filmmaker Kurtis Watson to investigate repressed memories from his past. Rooted in care, Watson creates space for his family to think through the circumstances that led to his father taking his own life. A poignant and cathartic journey of familial healing and reconnection.

Fri 18 Oct, 5.30-7.30pm
tikt.link/mydadstapes
15+: Themes of suicide

SCOTTISH STORIES

Shorts: From Glasgow to the Highlands. An eclectic compilation highlighting uniquely Scottish stories from artists working in Scotland. Each piece is deeply rooted in the personal, offering profound reflection and meditation on themes of anxiety, health conditions, and personal relationships.

Fri 18 Oct, 8-10pm
tikt.link/scottishstories
15+

INTERVENTIONS

Shorts: Come to Cope, Come to Heal, Come to Intervene. Our goal is to identify the root causes of mental health challenges and work toward prevention. These films encourage us to confront our struggles head-on, embracing the power of self-awareness and healing.

Sat 19 Oct, 12-1.50pm
tikt.link/interventions
15+: See website for content notes

FAMILY TIES

Shorts: Family can take various forms and is always central to our existence. This programme of international shorts takes a deep dive into family dynamics, exploring how family shapes our mental health and influences who we become.

Sat 19 Oct, 2-4pm
tikt.link/familyties
12+: See website for content notes

SICK GIRLS

Gitti Grüter, Germany, 2023, 1h19m

Documentary: In this personal film, director Gitti Grüter engages with five other women living with ADHS to reflect on their shared experiences. *Sick Girls* weaves together each woman's story and asks: what does it mean to have your existence not fit within the rigid frame of societal norms?

Sat 19 Oct, 4-6pm
tikt.link/sickgirls
15+

IN/VISIBLE

Shorts: A celebration of the festival's theme, In/Visible. This collection of shorts embraces the visible and invisible and the dissonance in-between, exploring themes of trauma, migration, family and the inner self in unique ways.

Sat 19 Oct, 6-8.10pm
tikt.link/InVisible
15+: See website for content notes

SILENT MEN

Duncan Cowles, Scotland, 2024, 1h27m

Documentary: In his debut feature, Duncan Cowles embarks on a journey across the UK to ask men about their experiences of mental health, in an effort understand his own struggles of sharing his feelings with loved ones. An important exploration into a taboo topic, grounded in Cowles' deadpan style and artistic flair.

Sat 19 Oct, 8.15-10.15pm
tikt.link/silentmen
15+: Themes of suicide

Explore the full Scottish Mental Health Arts Festival programme and book tickets at mhfestival.com

PARTNERS: Creative Scotland Alba | Chruthachail, thrive Edinburgh, Edinburgh Health and Social Care Partnership, University of Glasgow, See Me End mental health discrimination, The Baring Foundation, Scottish Recovery Network, The List, NHS Greater Glasgow and Clyde, Film Hub Scotland, BFI FAN, The National Lottery, Screen Scotland Sgrìn Alba

Cover image: *Silent Men* by Duncan Cowles Inside image: *This Werewolf Complex* by Heather E Andrews