



ART WITH IMPACT

# **Mental Health Film Competition**



# Frequently Asked Questions

## How do you pick your films?

Randomly, by hat. Actually, that's not true. Our jury spends hours watching and evaluating each film that's submitted to the contest. They judge each piece on the following criteria:

- Connection With Topic (Is it about serious mental illness?)
- Does it handle mental health themes with compassion?
- Does it portray mental health experiences in a helpful way?
- Could it inspire nuanced mental health conversation?
- Overall suitability for Mental Health Programming?
- Cinematography? Is the aesthetic of the film effective?
- Performances? Are we able to connect with the characters?
- Quality of Writing? Does the story connect emotionally?
- Production Value? How well made is the film?
- Did you enjoy watching this film?

## Who can submit a film to the short film contest?

Anyone, anywhere. There are no restrictions on who can submit films. That being said, to be considered, all the film submissions must:

1. Address an issues related to Serious Mental Illness
2. Have been created within the past 36 months
3. Be 5 minutes or less

## Do you have any tips for filmmakers?

Why yes, yes we do! Thank you for asking! And here they are.

1. Appeal to people's highest selves.
2. Use humor to point out absurdity.
3. Keep it simple, but absolutely honest.

## Do you have any mental health resources?

Great question! We have a robust [Mental Health Resource](#) section on our website. We have quick links to [support on our festival site](#).