

For release, Friday, 14<sup>th</sup> May



## Local stories promote understanding of mental illness

**Professor launches new community e-resource of short films about people's experiences with mental illness at the National Film and Sound Archive, Friday 14<sup>th</sup> of May from 2.00pm to 3.30pm**

Professor Helen Christensen, Director ANU Centre for Mental Health Research, today launched the 'Moving Minds' collection and their new e-home at Mental Illness Education ACT's (MIEACT) website, [www.mieact.org.au](http://www.mieact.org.au)

*"This project recognizes the experiences of those with lived experience, creates understanding and greater knowledge of mental health problems for people in the community, who find it hard to get inside the head of a person with depression, or anxiety or other mental health conditions,"* said Professor Christensen.

*"They may be created in Canberra through MIEACT, but they can be viewed by many around the world."*

*"What's so strong about the Moving Minds collection is the voice of people living with mental illness,"* said Project Director, Jenni Savigny. *"They are the film makers from the script, to the voice-over, to the images. The thirteen digital stories are striking for their originality, diversity and sheer quirkiness."*

*"It's been really great to offer these stories to the public. The internet makes things so accessible; in a couple of clicks you can be watching and listening to how a person dealt with depression, or homelessness,"* said Jacqui, one of the filmmakers. *"There is a lot of hope in these stories."*

The new filmmakers, their friends and families all came to see the film launch event, which included congratulations from the National Film and Sound Archive for undertaking the initiative. The stories will be archived, by the National Film and Sound Archive, into the national collection of Australian stories for future generations.

Moving Minds Short films, made by people who have experienced mental illness, will be available for viewing at [www.mieact.org.au](http://www.mieact.org.au) in the 'story room' and is an initiative of Mental Illness Education ACT. Funding was provided by ACT Health Promotion and Grants.

**Location:** National Film and Sound Archive, theatrette for viewing and courtyard for afternoon tea

**Time:** 2.00pm to 3.30pm (media access from 1.45pm)

**Media:** All welcome. Interviews, photo opportunities and background information.

Events include opening speeches (10 mins), viewing (45 mins) and afternoon tea for all in the out door courtyard.

**Contact:** On the day, Event Manager,  
or Project Director,  
Business Hours 02 6257 1195

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