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www.FindYourMissingPieces.com

Webcam Project

When It's Cold



OPTION #1: YOUR perspective. YOUR story.

When It's Cold will be a traditional feature film. However, with the subject matter based around mental health, depression, and suicide, we have a responsibility to **impart truth** from as many points of view as possible. As the credits roll, we will show a series of video "interviews."

We need you to talk to the audience about YOUR perspective: whatever that may be.

- Tell a story.
- Offer advice.
- Offer steps towards wellness.
- Articulate how mental health issues, depression, or suicidal thoughts have affected or do affect your life.
- Describe a feeling – i.e. "what depression feels like," "what suicidal thoughts feel like," "what losing a friend feels like," etc.
- Talk about a friend/family member who attempted or committed suicide or struggles with mental health issues.
- Describe a time you felt hopeless and what gave you hope.
- What makes you hopeful now? Are you happy to be alive? Why? What gets you through the day? What are your reasons to live?
- What do you wish someone would have said (to you or to someone else)?
- Tell someone feeling suicidal something realistically hopeful.
- Talk about your thoughts on mental health.
- Talk about whatever you want. There are no rules. Be personal.**

Option #2: Fiction

(For actors)

In our film, Martin Spector attempts suicide. His brother Craig organizes a family/friends reunion to help Martin realize he is loved. When Craig writes to family and friends, his message reads:

Dear Friends & Family,
As some of you know, Martin recently tried to take his life. We are gathering next Saturday at our house to celebrate his life and encourage him. Please think of a memory with him or a few hopeful words to share.

If you cannot attend the reunion, PLEASE SEND HIM A VIDEO to cheer him up.

Thank you,
Craig

Quick facts about Martin:

- Age 40 (Caucasian)
- Hardworking. Loves cooking. Good sense of humor. Helpful towards others. Generous.
- Worked at an office job from ages 23-35. Quit the job to pursue his passion and start a restaurant. The restaurant failed.
- Has a daughter named Ariel and ex-wife named Christine.



Instructions:

- Make a 'get well soon' kind of video for Martin.
- What would you say if this happened in your life? Make it real.
- Be creative (involve props, involve your family, whatever).
- Be original.
- Most of all – be sincere.
- Martin is ANYONE. He could be an uncle, a friend, a coworker, an old schoolmate, a peer, etc. Make up your relationship with him and imagine someone from your own life as you make the video.

Instructions (technical):

MAKING YOUR VIDEO:

- This footage will play in theaters. Please make sure you are recording in the BEST possibly quality so we can use it. Pay close attention to audio and visual.

AUDIO:

- Make sure you are in a quiet space.
- Turn off background music.
- Turn off background noise (air conditioning, refrigerators, electronics, etc.).
- Close doors if there is noise outdoors.
- Put the microphone close enough to your mouth to record properly.

VIDEO:

- Find and use the best webcam or video camera available to you.
- Make sure you are recording at "top quality."
- Make sure your room is well-lit.
- Make sure you are centered in the frame. Look directly into the lens.

SUBMITTING:

Get it to us however you can.

Snail mail:

Contraction Entertainment
c/o Kenton Bartlett
2328 Country Ridge Dr.
Birmingham, AL 35243

Online:

Upload your video and send link to Kenton@KentonBartlett.com
(www.Megaupload.com is a good site)

