

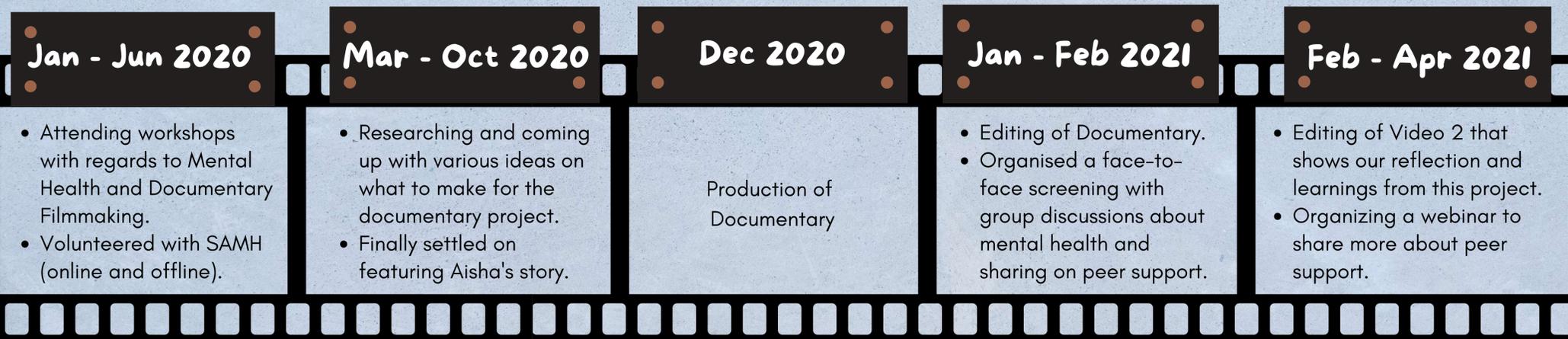
A Reflective Journey through Documentary Making

by Project Video Befriender (PVB)

Who are we?

PVB is made up of 6 members, Darren (our leader), Syahirah (the production manager) Jun Wern (our director), Hwee Ying Chloe (the cinematographer), Hui Wen (our assistant director), and Aisha (our mental health warrior and dear friend). Our project collaborates with Singapore Association for Mental Health (SAMH) where we volunteer with them to learn about mental health in our society and then, to create a documentary to increase awareness of mental health in the community and normalise mental health conversations.

About our Journey:



Reflecting on our Learnings:



Impact of Project:

"What you guys are doing here, through your film, you really encourage people to share their stories, to express themselves. I think another thing we can do to break the stigma is to...build safe spaces and safe communities to allow people to be themselves and share what they are going through...when we have communities to journey with us, it helps to overcome the challenges in life."
- Serene, staff from SAMH and Project Mentor

"A new perspective I found is that we can be the one to take the first step of initiatives like ask them (our peers) how they are doing. For example like, can simply ask 'Hey, how is your day' or even 'How are you doing? Is there anything I can help with?' In a sense, you should be the bigger person to always help out a friend in need."
- Mifdhal, audience from film screening.

"Inspirational to see how the project culminated to deeper understanding of those struggling with mental health issues."
- Anonymous, audience from film screening.

"I think it is important for you to share the problems first so that people will know okay, this person need support...Everyone has their own different needs...I think of this analogy of somebody who is falling into quicksand. The more you struggle by yourself, it will be difficult to get yourself out of it... If you have somebody with you, it would be so much easier."
- Harie, audience from film screening.