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Cameras Roll On The CACHE Project Film Are You Listening?

CACHE Productions will begin filming Are You Listening? A Pathway To Empathy on Friday, February 24, 2017. The film is about youth mental health and how we as a community can help those struggling with mental illness. Filming will take place Friday, Saturday & Sunday, and is expected to continue into March as some of the scenes are weather dependent (one of the scenes takes place at an outdoor skateboard park).

There are many great organizations and individuals helping the general public talk about mental health challenges. Mental health awareness is increasing, but there is also a growing concern whether anyone is really listening, or knows how to listen, to those struggling with mental illness. This concern comes from the continuing rise in mental health needs and suicide rates among all demographics and the strong stigma that still surrounds mental health issues. Concerns are also raised because of the low financial commitment that is made to mental health. Mental health is one of the most common reasons that people seek professional help. Are You Listening? tries to model for us as individuals, communities and health professionals how to listen. The film shows that when we listen to understand, people thrive.

The story follows Josie, a young woman who is concerned for her community. She has learned how to help through her own experiences and research. She models for the other characters in the film how to listen and encourages mental health professionals to take more effective action. Through this action she helps Mothers, Fathers, friends and family members see that they too can do much more just by listening.

Are You Listening? is a Narrative Documentary film that is part of this year's slate of films from The CACHE Project. The film is inspired by the Smiles Thru Lindsay foundation and the work that Rick More's family is doing after losing their daughter Lindsey to suicide. The film will create more awareness around mental health challenges in Central Alberta and the work each of us can do to help those struggling with mental illness in our community.

About The CACHE Project

Through the art of documentary filmmaking, The CACHE Project tells human interest stories from Central Alberta. These stories encapsulate the innovation, diligence, energy and emotion within a strong Albertan identity. The project aims to tell stories with high quality original visual narratives and to develop an original style of storytelling that compliments Central Albertan culture. To view past films and for more information about The CACHE Project please visit their website at www.thecacheproject.ca

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