



OUT FROM THE MIST

Representations of Mental Illness

Media Release

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Australia Asia Film Group supports Out From The Mist for the second consecutive year

Mental Illness Fellowship Australia (MIFA) and Out From The Mist (OFTM) are pleased to announce the support of Australia Asia Film Group (AAFG) as an OFTM sponsor again in 2022

Out From The Mist is an international photography, short movie and music competition that gives entrants the opportunity to share their reflections on mental illness. Individuals facing challenges with their mental health and wellbeing are varied in their experiences and responses. This competition hopes to capture the breadth of that diversity, raise the profile of mental illness and break down stigma.

Officially launched on 1 July 2022, this year's competition provides an opportunity for professional and amateur photographers, short movie makers and music artists to submit entries that showcase powerful and emotive perspectives on mental illness. Entrants will showcase their experiences of pain and challenges, caring and empathy for loved ones, the power of overcoming obstacles and stories of recovery.

The impacts of the global pandemic, natural disasters and the rising cost of living point to the importance of shining a light on mental illness. We must raise awareness of the importance of mental health and wellbeing, and support initiatives that promote mental health awareness in our communities.

AAFG recognises that there is no health without mental health. Young people continue to be hard hit by the mental health crisis that has resulted from ongoing pandemic lockdowns. People around the world are struggling with the impacts of the global pandemic and how this has impacted our way of life.

"We wish to support OFTM by showcasing their creative short films to create public awareness around mental illness and to encourage other people struggling with mental illness to seek help," said Mimi Chau, founder of the Australia Asia Film Group.

"Everybody goes through hard times at some point in their lives and there is always someone out there that has similar experiences to you. We're all in this together. We can get through this difficult time with positive thinking and the support of loved ones," she added.

Through the support of AAFG, OFTM will provide an Australia Asia Film Group Creative Award for the second consecutive year in 2022. AAFG will showcase the creative work of the short film major prize winner on the AusAsia TV online network, sharing the winning short film with a vast and international online audience. MIFA and OFTM thank AAFG for their ongoing, generous support.

Based in Sydney, AAFG creates inspirational films, television and digital media with award winning teams from around the world. For more information, visit their website: <https://www.ausasiafilm.com/>.

To register for OFTM in 2022, visit www.outfromthemist.com.

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