



Mental Health Film Contest:

STEP 1:



Read through the Rules/FAQ where most all of your questions are answered.

<https://directyourhearts.com/FAQ>

STEP 2:



Sign up as a participant with the Intent to Direct Form.

<https://directyourhearts.com/Signup>

STEP 3:



Review the judging guidelines, pick a mental health topic and use your resources on the topic.

<https://directyourhearts.com/Resources>

STEP 4:



View the “Smartphone Filmmaking” video, write a draft of your 60 second script and create a shotlist for the film.

<https://directyourhearts.com/Tips>

STEP 5:

Shoot & edit the film. If you are shooting on private property, complete the Location Contract.

<https://directyourhearts.com/Location>