

A close-up photograph of a woman's face, with the top half obscured by a white, torn-edge paper strip. The visible portion shows her eyes, nose, and lips. The background is a soft, warm, yellowish-orange color. The overall aesthetic is artistic and intimate.

# ME & YOU

*A SHORT FILM BY ANNA COSTELLO & ROBBIE GIBBON*





## INTRODUCTION

***ME & YOU** IS A DARKLY COMIC DRAMA THAT PUTS US INSIDE THE HEAD OF AMELIA - A 30-SOMETHING WHITE, CIS-GENDERED WOMAN, ATTEMPTING TO NAVIGATE A DAY IN HER LIFE ALONGSIDE ALL OF ITS ACCOMPANYING ANXIETIES. WITH HER WORLD FILTERED THROUGH A WIDE-VARIETY OF MENTAL HEALTH STRUGGLES (INCLUDING, BUT NOT LIMITED TO, ANXIETY, DEPRESSION AND UNDIAGNOSED BULIMIA), WE WILL SEE HOW BLOODY EXHAUSTING LIFE'S MUNDANITIES CAN BE WHEN THE VOICE IN YOUR HEAD QUESTIONS EVERYTHING LITTLE SODDING THING YOU DO.*

*INITIALLY, THIS CHARACTER STUDY WILL PRESENT ITSELF AS A BROAD COMEDIC PIECE, DRAWING AN AUDIENCE IN THROUGH ITS STRUGGLES AND SETPIECES THAT ARE, TO MANY OF US, RELATABLE. HOWEVER, AS THE FILM PROGRESSES, WE WILL POIGNANTLY EXPLORE THE DARKER COMPLEXITIES OF HER MENTAL HEALTH STRUGGLES, ACCOMPANYING AMELIA ON THE MOST INTIMATE AND VULNERABLE PARTS OF HER JOURNEY TO JUST TRYING TO BE 'OKAY'.*



## SYNOPSIS

*AMELIA IS ALWAYS ACCOMPANIED BY HEAD VOICE - A PERSONIFIED MANIFESTATION OF HER INTERNAL ANGST WHO IS, LET'S FACE IT, A BIT OF A TWAT.*

*DESPERATE TO BE 'FINE', AMELIA IS IN A CONSTANT BATTLE AGAINST HERSELF, AND MUST LEARN THAT WHILST HER HEAD VOICE WILL ALWAYS BE A PART OF HER, IT DOESN'T HAVE TO BE THE ENEMY, EVEN IF IT FEELS LIKE IT A LOT OF THE TIME. PERHAPS MAKING FRIENDS WITH THE VOICES IN OUR HEADS IS THE ANSWER. PERHAPS IT'S NOT. BUT EITHER WAY, AMELIA WILL LEARN THAT THERE'S A CHANCE (AN UNREALISTIC, SMALL, BUT STILL VERY POSSIBLE CHANCE) THAT THINGS CAN GET A LITTLE BIT BETTER.*





# APPROACH

*THE KEY TO **ME & YOU** IS THE PERSPECTIVE OF OUR LEAD CHARACTER. THROUGH AMELIA'S EYES, A SOMEWHAT UNREMARKABLE DAY EXPLODES INTO A FULLY BLOWN CHARACTER STUDY, JUXTAPOSING THOUGHT WITH ACTION, AND INTERNAL MONOLOGUES WITH FLIGHTS OF FANTASY.*

*AMELIA'S STRUGGLE WITH ANXIETY WILL MANIFEST ITSELF IN THE TONE OF THE FILM. HIGH ENERGY SEQUENCES WILL INITIALLY BE PRESENTED AS TONALLY COMEDIC. FROM OVER-WORRYING ABOUT PAYING AN APPROPRIATE TIP, TO BECOMING LOST IN THE IMAGINED POSSIBILITIES OF A POTENTIAL RELATIONSHIP WITH THE RANDOM GUY YOU JUST MET ON THE TUBE PLATFORM, THE SITUATIONS BEGIN AS FUNNY, RELATABLE SCENARIOS. STILL, AS WE CONTINUE TO EXPLORE THE DARKER THEMES OF THE FILM, THE TONE WILL MIRROR AND CAPTURE THESE FEELINGS, ALLOWING AN AUDIENCE TO EXPERIENCE THE PAIN OF OUR CHARACTER AND REALITIES OF LIVING WITH MENTAL ILLNESS. THIS WILL ALLOW US THE OPPORTUNITY TO PRESENT A HUGE LIFT AS WE FINISH THE PIECE WITH AMELIA ABLE TO FIND SOME SOLACE BY ACCEPTING THAT HER ILLNESS IS A PART OF HER, AND THAT'S 'OKAY', EVEN WHEN IT'S NOT 'OKAY'.*

