



Media Release

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Australia Asia Film Group supports Out From The Mist as a competition sponsor in 2021

Mental Illness Fellowship Australia (MIFA) and Out From The Mist (OFTM) are pleased to announce the support of Australia Asia Film Group (AAFG) as a sponsor of OFTM 2021.

Out From The Mist is an international short movie and photography competition that gives entrants the opportunity to share their reflections on mental illness, raises the profile of mental illness and breaks down the stigma associated with it. Officially launched on 19 July 2021, the 2021 competition provides an opportunity for professional and amateur photographers and short movie makers to submit entries that showcase powerful and emotive perspectives on mental health and mental illness. As we continue to face the impacts of the global pandemic, it has never been more important to shine the spotlight on mental health and increase awareness of mental health.

AAFG recognises that there is no health without mental health. The impacts of the global pandemic continue to be felt, with serious consequences on health, mental health and wellbeing. Health experts warn that young people are at the centre of an impending mental health crisis following the pandemic lockdown. Recognising this, OFTM provides a creative outlet for entrants to express their struggles, hopes, fears and share how they have overcome mental health challenges. This can be an integral part of the healing and recovery journey, providing a powerful source of connection and belonging to an artistic community.

“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 in 2021. As part of this award, 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 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.ausiasiafilm.com/>.

To register for OFTM in 2021, visit www.outfromthemist.com. Entries close on 24 September 2021.

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