



HEAD COLD

by Gamma Bak / Gamma Bak Filmproduktion



SYNOPSIS

HEAD COLD is a personal long-term observational documentary about psychosis, still a tabooed topic. It follows my attempt to return to a "normal" life - since the mid-90s I had several psychotic breakdowns, which were treated in mental hospitals. The film was shot over 5 years and also uses my archives since 1992. What happened to me is not just relevant on an individual level. It reveals at which points the emancipation from the stigma caused by this illness can occur. My own story is both the point of departure and the example, though at first I found it hard to out myself. Using filmic means, it recounts the struggle of being confronted by a psychic illness right up to the stage when one has reached normalcy once again and the loneliness of being solely responsible for one's condition. GB

Germany 2010

92 min

FORMAL CATEGORIES

POV

ORIGINAL LANGUAGES

German

PREMIERE

Germany (2010)

FESTIVALS

Berlinale FORUM

CAST AND CREW

DIRECTOR Gamma Bak / Gamma Bak Filmproduktion ·

SCREENPLAY Gamma Bak / Gamma Bak Filmproduktion ·

EDITOR Szilvia Ruszov · DOP Dieter Vervuurt