

THE PERFECT UPLIFTING,  
LIFE-AFFIRMING FILM  
FOR QUARANTINE

## High Flying Jade Documentary

ONLINE PREMIERE, May 28<sup>th</sup>  
with LIVE Q&A on May 29<sup>th</sup>



In response to numerous festival closures, postponements, and the importance of MENTAL HEALTH AWARENESS during these times, the award-winning documentary, High Flying Jade, will PREMIERE online with the through DEPTFORD CINEMA, LONDON, May 28<sup>th</sup> - June 4<sup>th</sup>

**High Flying Jade is a complex portrait of a aerial performer navigating the borders of her personality disorders and suicidal inclinations while flying through the air in a Vietnamese circus.** A lifelong adventurer, Jade reconciles her high-pressure past life as an air traffic controller and overcomes the rigorous demands of training for the opening night. She actively uses mindfulness techniques to not only overcome her Bipolar and Personality Disorder diagnoses but to redefine them on her own terms.

Director Katherine Sweetman utilizes unrestricted access to her subject and locations to present a mental-health positive, anti-suicidal film built through nuanced story structure and emotive visual effects-enhanced imagery.

This film delves into mental health disorders, suicidal ideation and the scope of their destructive power. Ultimately, however, High Flying Jade delivers a hopeful message of validation to all of us in overcoming our external and internal struggles. This film shows us that life can be celebrated and affirmed through the smallest of gestures or the craziest of ideas like running away to a circus in Vietnam.

We humbly invite you to come watch the Online premiere of this award-winning, 21-minute documentary film as part of Deptford Cinema's curated online films collection and a live Instagram Q&A May 29<sup>th</sup>, London 7:30 GMT, Los Angeles 12:30 PM PST with Katherine Sweetman (director) and Jade White (subject) and Jayjit Dasgupta (producer).

Brought to you by Deptford Cinema – an award winning, not-for-profit, volunteer run cinema.

On-Demand FREE SCREENING, May 28<sup>th</sup> - June 4<sup>th</sup>

<http://deptfordcinema.org/on-demand-calendar/mentalhealthshorts>

Live Q&A, May 29<sup>th</sup> London 7:30 GMT, Los Angeles 12:30 PM PST

<https://www.instagram.com/deptfordcinema/>

Film Trailer: <https://vimeo.com/297424495>

Film Website: <http://highflyingjadefilm.com>

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