Don’t Be Afraid
Believe Yourself.

A short film from the makers of Ana’s Playground and Strangers
**Don’t Be Afraid** is an Oscar-worthy short film project about how gaslighting and mental abuse are used for coercive control and emotional manipulation.

We will reach the broadest audience possible and offer the film as a resource for organizations that work to champion mental health, healthy relationships, and victim support.
“Both this film and Marta’s voice will help draw attention to this cause and our efforts in supporting mental health in our organization.”

[Gabriella Wright, the Chopra Foundation]

“Films like this give us a high profile platform to bring our message about mental health and abuse to our constituents. Having Marta as the global Ambassador to our foundation will only help even more.”

[Ana Milans del Bosch, ANAR Foundation]

“This film has the power to start much-needed conversations about coercive control and emotional violence.”

[Amy Matthews, And Now She Rises]
STORY SYNOPSIS;
As a young, expecting couple makes their way along a dark road at night we get a glimpse into their dysfunctional relationship. As they discuss their future life together it becomes clear that JUAN controls ANA through gaslighting tactics and manipulation. ANA participates by accepting this violation.

As JUAN trivializes ANA, he pulls over to pick up a mysterious WOMAN standing on the side of the road.

The plot turns as we discover that this ghostly WOMAN is powerful, and has appeared as an Angel to remind ANA of something she forgot long ago, while indelibly teaching JUAN to truly see and hear ANA.

The angel delivers something sacred that ANA must take to her heart and teach her unborn child in order to stop the cycle of abuse. She is there to remind ANA of love for herself and the importance of listening to her own heart.

DON’T BE AFRAID is an allegory about the manipulative power of gaslighting and glimpses into the weakness that emotionally harmful people will exploit to perpetrate it.
The story is based on a Spanish urban legend of a 'ghost in the curve'. The recrafting of the script plants the ghost in the space of a haunting, angelic messenger who reminds wounded souls about truths they have forgotten, such as self worth and self love.
Co-Director & Co-Writer Eric D. Howell: Eric is an international award-winning writer, director, photographer, author, and McKnight Artist Fellow. Dubbed by Shoot! Magazine as “one of the industry’s crop of Directors to watch”, he has won top writing recognition at Fade In Magazine, Final Draft’s Big Break, and Stage 32.

His short films and screenplays have won awards around the world, including two films being short-listed for an Academy Award nomination, one of which is part of the AMPAS permanent film collection.

In 2022 his work was nominated for an MTV VMA Best Rock Video Award for Evanescence’s USE MY VOICE. His multi-award winning screenplay THE REVOLUTION OF CASSANDRA is soon to be released as a graphic novel.

His first feature film was VOICE FROM THE STONE starring Emilia Clarke, and he is now casting films with Millennium Films and Zanuck Independent. He is represented by United Talent Agency and his work can be seen at ericdhowell.com

Co-Director Marta Milans: Marta graduated from New York University with a double major in Art History and Acting. She began working in New York in series roles such as LAW & ORDER: SPECIAL VICTIMS UNIT, THE DISAPPEARANCE OF ELEANOR RIGBY, and SHAME with Michael Fassbender.

She starred in the film DEVOUR, for which she received two awards, best actress at the Molins International Film Festival in Barcelona, and also at the New York Horror Film Festival. In 2013, she was one of the protagonists of the series KILLER WOMEN, broadcast in early 2014. She starred in Michael Caton-Jones’s ASHER and has played the role of Rosa Vázquez in SHAZAM! and SHAZAM! THE FURY OF THE GODS.

In Spain, she stands out in leading roles such as LA PIEL AZUL, VALIENTES, EL EMBARCADERO, EL MINISTERO DEL TIEMPO, THE MINIONS OF MIDAS and WHITE LINES.

Her latest film work is the fantasy film STOYAN which has won 9 awards for best actress at festivals around the world.
This film has the power to start much-needed conversations about coercive control and emotional violence.

[Amy Matthews, And Now She Rises]

Producer Amy Matthews: Amy is a remodeler, TV personality, and activist whose work threads together architecture, design, transformation, and education in a spirit of empowerment and renewal. For close to two decades, Amy has inspired by example, with hands-on renovation projects that rejuvenate homes and workplaces. Her television shows on HGTV and DIY Network have included RENOVATION RAIDERS, SWEAT EQUITY, BATHROOM RENOVATIONS, BLOG CABIN, Esquire Magazine’s BACHELOR PAD OF THE YEAR, and THIS NEW HOUSE.

Amy’s work has been featured in such publications as the New York Times, the New York Daily News, People, Esquire, Country Living, Real Simple, Men’s Health, Good Housekeeping, USA Today, US News and World Report, and Parents Magazine. She has also made numerous appearances on national networks including ABC and CNN, and programs such as the TODAY SHOW and CBS MORNING NEWS.

Most recently, Amy co-founded And Now She Rises, a nonprofit organization dedicated to helping women reclaim and transform their own narratives after experiencing domestic violence and abuse.

Producer Jillian Nodland: Jillian Nodland is passionate about storytelling through motion pictures and has added graphic novels to the mix. As a producer, her work has garnered more than 30 international awards, including for ANA’S PLAYGROUND (dir. Eric D. Howell) which was shortlisted as one of ten finalists for an Academy Award. It has screened for the United Nations Security Council, The Nobel Peace Prize Forum, Right to Play, Save The Children, and other international and national peace organizations. The film and its study guide have also been part of the curriculum in schools around the world including for AmeriCorps.

With over 25 years of live television experience, Jillian has also worked in broadcast production management for five Olympic Games, two World Cup Soccer, two Commonwealth Games, four Goodwill Games, the PanAm Games, numerous Intl. Champions Cup, along with the Super Bowl, Rose Bowl/Parade, Academy Awards, and Golden Globe Awards among other live international broadcasts.
**Associate Producer Elena Sanchez:** Elena has worked on over 100 movies & TV shows in the last decade as an actress and stunt performer, ranging from $200K indies to $300M blockbusters. Notable highlights include THE HUNGER GAMES: CATCHING FIRE, AVENGERS: ENDGAME, SPIDER-MAN: NO WAY HOME, BLACK PANTHER: WAKANDA FOREVER and THE WALKING DEAD. Elena has won a Screen Actors Guild Award for Outstanding Action Performance by a Stunt Ensemble in AVENGERS: ENDGAME, has been nominated five additional times, and has also been nominated for two Taurus World Stunt Awards.

Since completing the Professional Program in Producing at UCLA in 2020, Elena has served as an Associate Producer on the feature film DEVIL’S PEAK (Billy Bob Thornton and Robin Wright), and as a Producer on the feature film OPEN (William Forsythe and Jeremy London), which is currently in post-production.

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**Cinematographer Raquel Fernandez:** Born in Valladolid, Raquel graduated with a degree in Cinematography from the prestigious Madrid Film School and is widely considered globally to be among the top female cinematographers ever to hail from Spain. She won Best Female Cinematographer Award from the Women’s Independent Film Festival in Los Angeles.

Raquel has spent most of her adult life globetrotting and shot features, documentaries, commercials and music videos in 21 countries across 5 continents, under the full spectrum of weather, lighting, economic and political situations.

Her experience in working with established and first time directors, international production companies, and multicultural and multilingual crews, gives her a unique vision and flexibility. She is always sensitive to a director’s story and culture.
We will offer this film for private screening and fundraising events, free of charge, to organizations that support mental health initiatives. Our intention is to bolster those already making a difference in the realm of mental abuse and victim support.

Organizations to which we will offer screenings and fundraising opportunities include, but are not limited to:

The National Alliance on Mental Illness, Love Is Respect, NewPath Mental Health Services, Mental Health Ministry, National Domestic Violence Hotline, RAINN, Mental Health America, Lighthouse Network, Domestic Shelters, And Now She Rises
The audience is first. Our role as filmmakers is to entertain, engage, and when possible inform through a moment of catharsis; a teaching moment.

Upon succeeding in entertaining and engaging with a quality film, our reach will be to audiences interested in mental health or abuse recovery.

Our role is to not answer questions, but to ask them. We aim to create a catalyst for dialogue which benefits the efforts of our benefactor organizations. Distribution starts within the international film festival circuit and will then move into the mental health awareness and advocacy space.

We’ve proven this method to be effective with our previous effort, ANA’S PLAYGROUND, which won myriad International film festivals, was short-listed for the Academy Award, and continues to be utilized by:

THE UNITED NATIONS, THE NOBEL PEACE ACADEMY, RIGHT TO PLAY, SEACH FOR COMMON GROUND, SAVE OUR CHILDREN, HUMAN RIGHTS WATCH, and numerous SCHOOLS AND UNIVERSITIES around the world.
We are seeking donations to reach our $130,000 production budget.

Donations will be tax deductible via FilmNorth, our Fiscal Sponsor which is a 501 C3, non-profit organization with federal tax exempt status.

Our partnership with FilmNorth, an organization which empowers artists to tell their stories, allows donors to take their donations as an income tax deduction. [Links on final page of this PDF]
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INSPIRATIONS
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Thank you.

*To avoid 3% of your donation being deducted for credit card processing, we encourage you to send a check to: 550 Vandalia St., Suite 120, St. Paul, MN 55114
*Be sure to note “Don’t Be Afraid” on your check.

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