

A close-up photograph of a hand lighting a candle. The hand is holding a lit matchstick, which is being used to light the wick of a white candle. The candle is held in a white holder. The background is slightly out of focus, showing a chain-link fence and some greenery. The overall mood is contemplative and symbolic.

The Light Inside

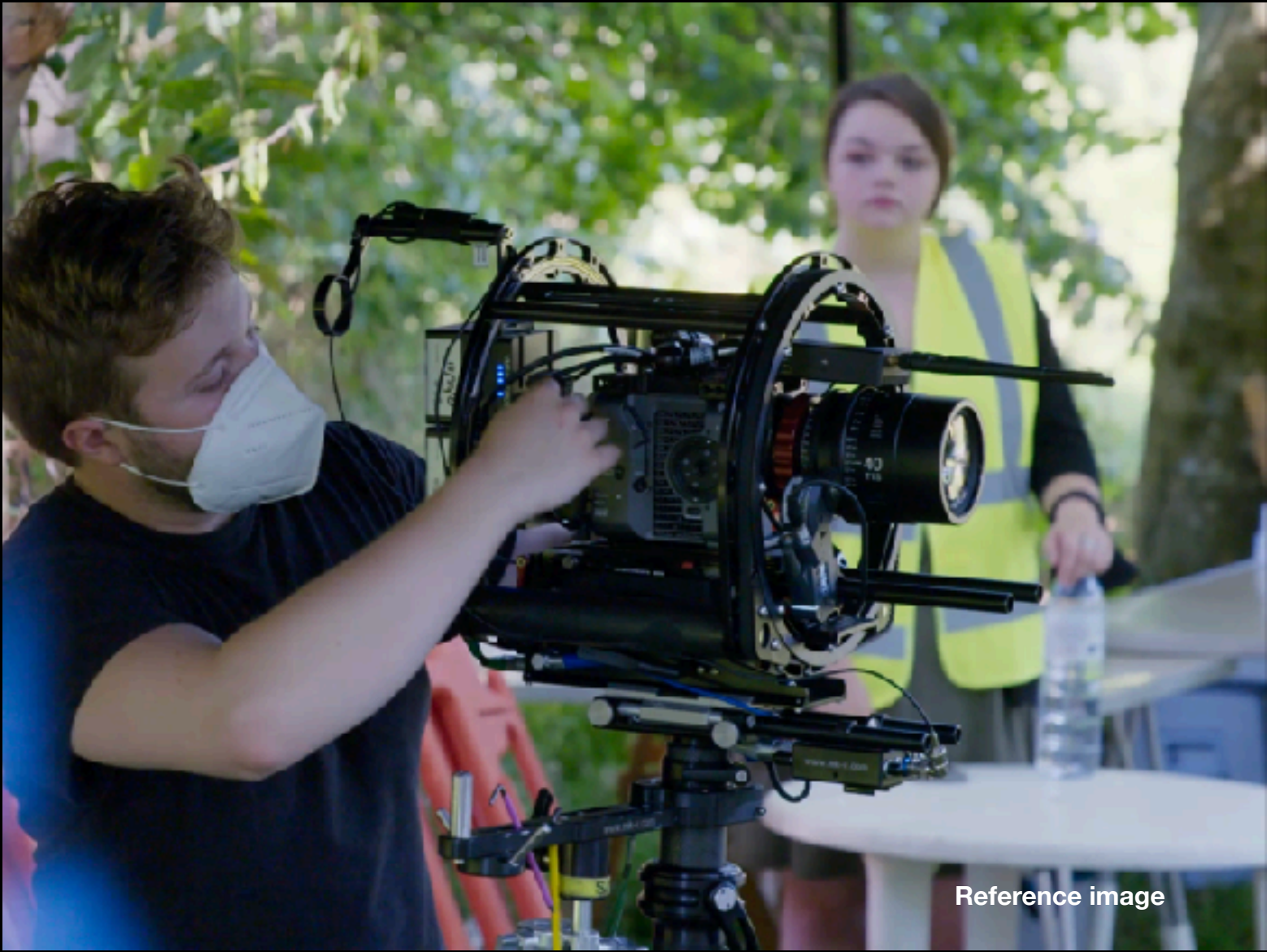
A Jesse Daniel Lawrence Film

“Everything darkened. I could not escape. I became more frightened, lost confidence. My symptoms worsened and I felt my whole world and everything I had been working for, collapse. It was terrifying and exhausting. It seemed to me, now that I had lost the light, that this mental torment would never end.... It was like entering a long, dark tunnel.”



A journey through a darkened tunnel that fills with the voices of real people recounting their experience of suffering and surviving mental ill-health.

“If you’ve had challenging experiences and people have been harmful to you in the past they can extinguish your light but if you turn it around and begin to trust yourself and the worth that you have as an individual, that light within starts to grow.”



Story

Inspired by the director's own lived experience, *The Light Inside* is an ensemble piece which tells the story of how a group of individuals survived mental ill-health in a range of guises and severities. We open on a film crew following a woman who carries a lighted candle into a darkened tunnel. Once inside, she starts to hear voices - each intimately relating a lived experience of suffering mental ill-health. As these poignant testimonies reach their collective point of crisis, the candle dies... Yet it is here, at the heart of darkness where all hope seems lost, that 'the light inside' can be found. Insight, courage and the help of others point the way back to reality, wellbeing and the light of day.

“I’ve learned to own my story. I don’t look at it with the same amount of shame or denial. What’s happened has happened. But I’m determined to take the lessons from that difficult experience and be a better person for it.”

Title	The Light Inside
Year of Production	2022
Duration (incl credits)	21 mins
Country of Production	United Kingdom
Genre	Documentary
Shooting Format	Sony FX6
Finish Format	2K DCP / ProResXQ / H264
Aspect Ratio	16x9
Sound Format	5.1 / Binaural / Stereo
Language	English
Subtitles	English

A WorldOutThere Films Production

Written and Directed by
Jesse Daniel Lawrence

Produced by
Harry Knight, Jesse Daniel Lawrence

Associate Producer
Hannah Roper

Consultant Psychiatrist
Dr. William Bruce-Jones

Director of Photography
Roger Chapman

Sound Recordist
David Bekkevold AMPS IPS

Sound Design
Wounded Buffalo

Post Production
Films@59

Director's Statement

With *The Light Inside* I wish to give voice to people who may be suffering or who, like me, have suffered and recovered. I also hope to give people who have never experienced it, an insight into what having a mental illness can be like.

People experiencing mental ill-health are all too often characterised as fragile and delicate of mind. One thing that is rarely said, outside those who care for them, is how brave they may be.



The Team



Jesse Daniel Lawrence

Writer and Director

Jesse trained in fiction and non-fiction directing at the NFTS, after reading History at Oxford University. His short films have won multiple awards and been screened and sold internationally. In 2019, he received a John Brabourne Award from the Film & TV Charity to support his screenwriting.



Harry Knight

Producer

Harry is a creative, resourceful and purpose-driven Producer. Working primarily with social enterprises and charities he is comfortable developing work that sits alongside social and environmental issues. He has also produced content for brands such as TikTok, Barclays and DoorDash.



Hannah Roper

Associate Producer

Hannah Roper is the Head of Business Development at Bath Mind, a local and independent mental health charity. She has worked closely with the filmmakers to secure funding and find and support our contributors.



Dr. William Bruce-Jones

Consultant Psychiatrist

Dr Bruce-Jones has worked as a Consultant Psychiatrist in Bath since 1994 and, in that time, has undertaken various NHS leadership positions, most recently Clinical Director for Adult Mental Health Services. Bill also has lived experience of mental ill-health.

The Team



Roger Chapman

Director of Photography

Roger has had an extensive career as a cinematographer working worldwide for the BBC, C4, Film Four and BFI funded projects. His awards include RTS, Grierson and Kodak, as well as two BAFTA nominations.



Gemma Elliot

Production Designer

Gemma is a recent graduate from the Screenology school and showcased her talents in the work she produced at the school. She started out her career working on music videos, short films, and stage productions.

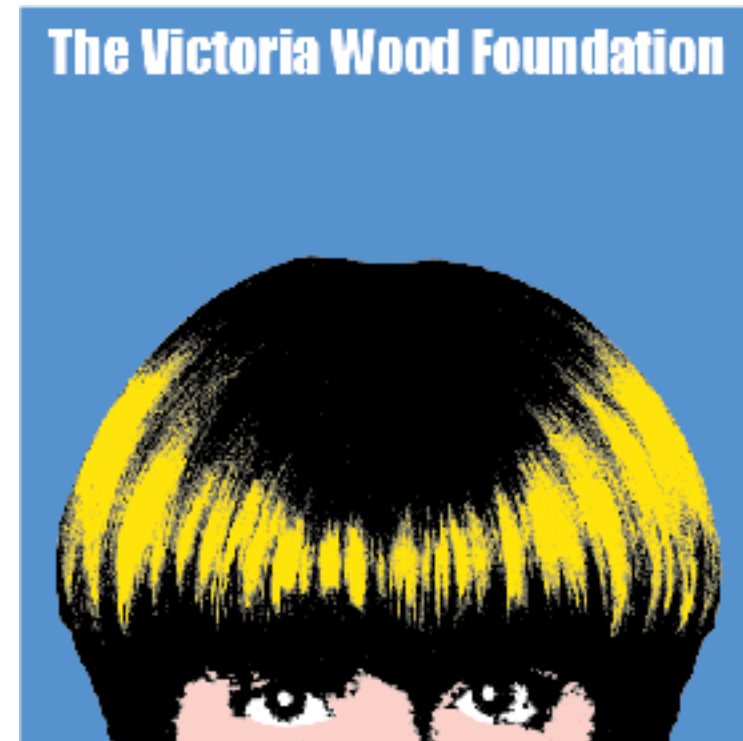


Jonny Crew

Sound Design

Part of 'the clan' at Wounded Buffalo, Jonny is a highly sought after Sound Designer and Editor with credits on Netflix (Our Planet) and National Geographic (Hostile Planet).

Our Partners



The Victoria Wood Foundation

Grantor

The Victoria Wood Foundation was set up after the death in April 2016 of Victoria Wood. The Trustees are former friends of Victoria, and they are particularly interested in areas that would have interested Victoria, namely the arts in all its forms. The foundation have come on board to support The Light Inside as a way of raising awareness around Mental Illness through the art form of cinema.



Bath Mind

Impact & Charity Partner

Bath Mind supports the essential mental health and wellbeing needs of thousands of people across B&NES. They are here to promote and nurture everyone's mental health through the provision of information, activities, advice and support. From their crisis telephone support to 1:1 counselling, online peer-support groups to supported-living and mental health training in the workplace and in schools; they are here for the people of B&NES.

“It’s easy for anybody to get caught up in their own story and the best route out is to try and find those people who have got wisdom; who can guide you to a place where you’re not controlled by your story but you’re a character within it, on a journey, trying to get to somewhere better.”

www.thelightinsidefilm.com