

MENTALLY UNAVAILABLE

Written and Directed by
Tobias Hermansen

Based on the personal story of Tobias Hermansen. Not a
documentary but a fictional retelling of the story.

Property of Dxrk Movies.
Haunted Vikings LLC

ACT I

INT. BEDROOM - DESK - NIGHT

1

THE CAMERA SLOWLY ZOOMS INTO A BEDROOM THROUGH A DOOR WAY.

A door slowly opens from a door way to me (TOBY HERMANSEN, 18). I have freshly cut hair. Wearing dark clothing.

I am in an darkly lit room, the only source of light is a small bedside lamp. There's a bed on the left side of the room, and a desk at the end of the bed. On the left side there is a tied rope hanging from the ceiling.

I am is sitting at this desk, A sheet of paper is on the desk. There are letters on there. I am writing something.

I take a deep breath.

PRESENT TOBY (V.O)

Hey mom, I am so sorry to disappoint you. I know you loved me and I love you too, but there has been so much pain, Now i am writing this because I want to share my story.

CUT TO:

TITLE: Part I: Why am I like this?

CUT TO:

INT. CLASSROOM - DAY

2

I'm holding my phone watching TikTok videos about men's mental health & Suicide... all quiet until a **LOUD bell rings...**

Everyone is packing their bags in a hurry. wanting to get out of there as soon as possible.

MALE TEACHER

Alright class that's is it for the semester. Have a great summer break

I begin walking towards the exit until it hits me... I begin freaking out...

MALE TEACHER

Everything alright there Toby?

I **snap** out of it.

 TOBY
Yeah haha, I'm alright thanks.. have a
great break!

I open a door

MATCH CUT TO:

EXT./INT - HOME - HALLWAY - LIVINGROOM - MOMENTS LATER

3

I open the front door of my house and I walk into the hallway, I begin unpacking my stuff, taking off my jacket and my shoes. I walk into the living room dropping to the couch immediately.

 MOTHER
Your tired my sweet boy?

 TOBY
Yep.

 MOTHER
Finally summer break huh? isn't that great?

 TOBY
Yeah.. been waiting for that

****Fake Smiling****

 TOBY (CONT'D)
Alright. I'm going up.

 MOTHER
already??? Are you okay?

 TOBY
 (In a Sassy tone)
I'm good mom. Don't worry

 MOTHER
HEY! Don't be like that, please...
just talk to me.

My mom drags me towards the couch again.

 MOTHER (CONT'D)
What's wrong? Toby... Please tell me

TOBY
 NOTHING is wrong Mom... god you are
 annoying.

I walk into the hallway and up the stairs, whilst my mom is
 looking confused but also understanding??.

CUT TO:

INT. BEDROOM - DAY

4

I am sitting at my gaming setup wanting to **escape reality**

To escape I am playing **Valorant** with some friends looking...
 happy?

Am I finally happy? what's going on? I play like i have never
 played before... maybe this is the moment, this is it. I AM
 HAPPY!

TOBY (V.O)
 (In between words I laugh and I
 smile at the end)
 I escaped... Finally...

In a blink of an eye, hours have gone. It's now 1 AM and I am
 feeling tired. I get up from my chair shutting of my computer
 , I begin walking towards my bed jumping in and getting cozy
 under my blanket. I close my eyes..... Wait why isn't it
 cutting?

BOOM. My eyes open again.

TOBY (V.O)
 why am I happy?... I don't deserve to
 be happy...

I put my hands on my face.

TOBY (V.O)
 I can't do this anymore... Why did I
 do that?

CLOSE UP: A **tear** starts to form as I close my eyes

FADE TO BLACK:

TITLE: Part II: Am I... happy?

ACT IIEXT./INT. CITY - CINEMA - AFTERNOON

5

TITLE: JUNE 24th 2022.

Depressing songs starts to play, While I am walking in the city. I'm going to the cinema.

I find a bench where I sit at and wait. I start going on my phone. **SILENCE.**

CUT TO:

EXT. CITY - MOMENTS LATER

6

NIKOLAI a 18 year old boy is walking in the city, minding his own business.

CUT TO:

INT. CINEMA - CONTINUES

7

While looking at my phone and waiting for someone, I see a text from my girlfriend LUCY (18). I start reading in my head.

LUCY (V.O) (TXT)
Hey, I'm super sorry but I can't make it the cinema today. Love you.

CLOSE UP: I look confused, and sad. I text her back

TOBY /V.O) (TXT)
I'm already here? I can come get you.

LUCY (V.O) (TXT)
Tbh, I just don't feel like going out tonight.

CUT TO:

EXT. CITY - CONTINUES

8

Nikolai stops and stairs at the window and see me on my phone looking like I am texting someone.

NIKOLAI
HOLY SHIT Is that Toby!? No way it's him.

He sees me lead backwards. Nikolai looks from side to side.

CLOSE UP: He gives a little smirk, looking mysterious.

CUT TO:

INT. CINEMA - CONTINUES

9

I'm leaning to the back. having my arms to the side and my phone on the ground.

I get up

TOBY
(whisper's slightly to myself, I'm
mad)
Why does everyone cancel on me last
minute.

POV SHOT, LOOKING LIKE IT'S FROM MY EYES.

I look around, from both sides until turning to the left side, Nikolai is standing right there.

TOBY
OH HH JESUS CHRIST!!!!!!! WHAT THE FUCK
WAS THAT FOR.

Nikolai is laughing his eyes out.

TOBY
WAIT, Nikolai is that you?

NIKOLAI
(Still laughing a bit)
Of course it is, who else could it
be... I got you so good

TOBY
Alright fine you did hahaha. What are
you doing here man, Didn't you move
when you started high school?

NIKOLAI
Well yes but I'm back now.. So what
film are you going to watch?

TOBY
Sorry what was that?

NIKOLAI
What film are you watching? You are
here to watch a movie am I right?

TOBY
haha yeah I am or was I guess.

NIKOLAI
Was?

TOBY
well basically...

FADE TO:

TOBY (CONT'D)
So that's why I now got 1 extra
tickets to the black phone, and the
reason why It's still 20 minutes until
the movie starts that I am going alone
in.

NIKOLAI
Oh wow.... haha, Instead of going
alone. I'll join ya.

TOBY
You have time for that?

NIKOLAI
I have plenty of time... Snacks?

CUT TO:

INT. CINEMA/STAIRS - CONTINUES

10

Me and Nikolai are walking with our snacks down the stairs

CUT TO:

INT. CINEMAROOM - MOMENTS LATER

11

Me and Nikolai is walking and trying to find our seats. As we
sit down the movie is starting and the light shut down.

CUT TO:

Fait voices can be heard in the darkness.

TOBY
Dude that was great, what did you think?

NIKOLAI
Man i don't even know hahaha... this movie ws actuall great

A door opens from the darkness and shining light onto me and Nikolai.

EXT. OUTSIDE THE CINEMA - AFTERNOON

12

TOBY (CONT'D)
Yeah haha... to be hones t, i absolutely loved this movie.

NIKOLAI
100% man... so what's ya wanna do now then?

TOBY
hmm.. great question hahaha... uh... Outland?

NIKOLAI
sure man!

CUT TO:

EXT. CITY - AFTERNOON

13

Me and Nikolai is walking in the city chatting about life and what he has been up to all these years.

TOBY
Soo didn't you leave town?... Why are you back?

NIKOLAI
Yeah i did. I left because study but now that it's over I get to revisit everything... I don't even remember where outland is too hahaha

TOBY
I'm glad your back man... oh yeah right in here.

INT. OUTLAND - AFTERNOON

14

Outland, A place for anime weeb's and collectors like myself. I go to this place very often and always comes out with something in hand... Me and Nikolai is walking into Outland, looking around for something special... we stay there a bit before I decide to leave the store... this time i didn't find anything??? Hmmm. What's happening to me?

CUT TO:

EXT. CITY - AFTERNOON

15

I and Nikolai is walking out from the mall. Besides another area of the mall. there is a gateway.

NIKOLAI

Alright man. What's ya up to now?

TOBY

Uh... I'm probably going home now i mean you can see the sky.

NIKOLAI

ah okey man

TOBY

Great seeing you again... talk to you soon.

I begin walking up towards. The main road.

FADE TO.

INT. LIVINGROOM - NIGHT

16

I get home from a long day talking and having fun with my long time friend. My mom walk into the frame.

MOTHER

Good news, were going to our cabin tomorrow!

I get a bit shocked... I fake smile.

PAST TOBY

Sounds fun! Where is that?

CUT TO:

EXT. CABIN - DAY

17

TITLE: JUNE 24th 2022.

Our car drives up this steep hill and parks next to our cabin. I walk up some stairs to a beautiful view over the seas... I walk inside

CUT TO:

INT. LIVINGROOM - CONTINUES.

18

Me and my mother is sitting in our cabin living room talking.

MOTHER

Are you alright?

TOBY

Of course I am, why wouldn't I be

MOTHER

That's good, you just looked so thoughtful.

I close my eyes.

FADE TO BLACK

TITLE: Part III: The Nosedive

CUT TO:

INT. HOUSE - MORNING???

19

Where am I? WHAT IS THIS?? I look around shoulder to shoulder. This looks just like my house... but different, I walk around a dark and red hallway. looking around. I sit down and crawl up in a ball.

CUT TO:

INT. BEDROOM - MORNING

20

TITLE: 2 Month's later

I sit up real fast matching how I was in my dream. I am terrified. I start to cry...

PAST TOBY (V.O)

Fucking hell, I... am... an stupid bitch, how could I do something like

this?

I fall backwards into my bed again. **SILENCE...**

PAST TOBY (V.0)
Ah FUCK.. School starts in a week...
I'm not ready for this..... FUCK!!!!

I grab a knife from the the table I have in front of me

PAST TOBY (CONT'D)
I really need to feel something
different now.

I hold the knife up to my arm.. holding it there. Shaking and
Shaking

PAST TOBY (V.0)
How do I do this without killing
myself.

I hold the knife in silence. For a while I just sit there
with the knife.

PAST TOBY (V.0)
No i can't... I CAN'T

I drop the knife on the side of my bed. and starts to smack
my head into my back wall.

SILENCE

CUT TO:

INT. BEDROOM - DAY

21

I lay in my bed with my headphones on. Depressing music can
be heard....

PAST TOBY (V.0)
Dear, Mother and the rest of the
family... I have been struggling with
something for so long... This is the
reason I've decided to end my
miserable life. I know it hurts and I
want to say I love you and please
don't contact me via a Ouija board.

Love You All, Goodbye

Toby Hermansen...

PAST TOBY (V.O)
No scratch that.. It's just.. bad.

I fall back into my bed and I close my eyes.

MATCH CUT

INT. BEDROOM/DESK - NIGHT

22

TITLE: AUGUST 3rd 2022

I am still sitting at my desk writing this suicide note. I open my eyes

PRESENT TOBY (V.O)
haha. I know, crazy.. This was not the whole story, can't tell everything. Again sorry to disappoint my family. Love - Tobias Hermansen. PS: I know how much you are hurting right now, please don't use a Ouija board. Love you.

CLOSE UP: I close my eyes

MATCH CUT.

INT. BEDROOM/BED - CONTINUES.

23

CLOSE UP: I open my eyes.

SLOWLY ZOOMS OUT TO REVEAL I AM SITTING IN MY BED.'

I pull up my phone and starts scrolling on social media, until I breakdown. I slowly lean my head backwards.

PRESENT TOBY (V.O)
I fucking can't anymore. How can I be this dumb...

Silence... I open the app 'messenger' on my phone. I start writing.

PRESENT TOBY (V.O)(TXT)
hey mom, you know when you always say "Is everything alright, are you depressed" and I am always saying no but that's not the truth... it's not okay. I have been depressed for like 2 years now and right now at this very moment, I am feeling the worst I have

ever been... just because of past memories that I can never forget yesterday I knew something would happen that I would never forget and that is what happened. when I was about to vote for the class "president".

CUT TO:

INT. CLASSROOM - DAY

24

I am sitting at my desk in class and I am very tired. The whole classroom is filled with other students.

FEMALE TEACHER

Alright, does anyone wants to be class president?

Two people raise their hands on the other side of the class.

FEMALE TEACHER

okey. Write down one of those two people on this sheet of paper.

Our female teacher goes around and hands out a sheet of paper.. I look down at my sheet and starts to think who I am going to write. MINDY or QUINN.

PAST TOBY (V.0)

Mindy or Quinn... hmmm.. I mean Mindy I do think will make a better class president so I guess her then.

I fold the paper in 2 and goes up to the teacher desk and hands it in. As I walk back to my seat.

PRESENT TOBY (V.0)

I only saw one that raised their hand. That was Quinn. the other I though I saw.

I sit back down.

FEMALE TEACHER

Alright, every vote is in. Lets count them

Our teacher starts looking at the sheet of papers and write

numbers on the whiteboard that is behind her. Until she sees my note. She pauses and says nothing, she throws it behind her.

FEMALE TEACHER

With 6 votes the class president is
ABIGAIL

I was shocked at this moment. I though it was Mindy and Quinn, but it was Abigail and Quinn. Why did the teacher look like that, did she read my paper??? I look depressed.

CUT TO:

INT. BEDROOM/BED - NIGHT

25

PRESENT TOBY (V.O)

I wrote down a person that didn't raise their hand and handed it in... and now I feel like the teacher remembered that and thinks I'm annoying or something and I'm feeling like a stupid bitch and an idiot and I do not want to live anymore... honestly I don't feel like I should live anymore... there are so many more memories that I will never forget and I do think it all started around 2 years ago. why did I never tell anything? Well, it's because boys are supposed to be strong and not show emotions. they are built to hide it but right now I can't hold it in anymore. this is also the reason I hadn't eaten breakfast yesterday and slept so early. I am writing this to you for the last time... before I end it all... I love you, Mom...

I hesitate to send the text. I look over to my right at the rope until I decide to send the text... I rest my head backwards.

A little while goes by and I hear footsteps running up the stairs. It's my mom. She burst through the door.

PRESENT MOTHER

Is this true??? What's going on?

PRESENT TOBY

Yes it is...

I Take a deep breath

PRESENT TOBY (CONT'D)
Well the best way to describe it, I'm
mentally unavailable.

My mom gives me a big hug... we hug for a long time

CUT TO BLACK.

Credits

The End