

ANTONIO AKEEL

DANYAL ISMAIL

OUR  
BETTER SELVES

YOUR MIND IS NOT ALWAYS YOUR FRIEND

WRITTEN AND DIRECTED BY  
JUBAIR KHAN

# Synopsis

Hass is a young man struggling with his inner demons whilst sectioned in a mental health hospital. One day a friend comes to visit and turns his notions of wellness upside down.

# Director's Statement

“Who can you trust if you can't even trust your own mind? I'm proud to share this film with you, based on some of my life experiences with friends who have suffered from schizophrenia. This is a very personal insight into mental health in the Muslim community.”  
Jubair Khan

# Background

Our Better Selves is inspired by real experiences and explores mental illness, identity, and faith within a rarely represented community. The film was shot in Reading, UK.

# Key Credits

Written & Directed by: Jubair Khan  
Produced by: Alex Grant, Quinn K. Pohl  
Director of Photography: Mike Brindley  
Music: Omar Esa, Ash  
Sound: Richard Lang

# Cast

Antonio Akeel (Slow Horses, Tomb Raider)  
Danyal Ismail (Virdee, The Outrun)  
Ingrid Marsh · Eddie Capli · Rosie Akerman · Adam Turner ·  
Catherine Mills

# Production Team

First AC: Will Berman  
1st AD: Shane Gentles  
Set Design: Catherine Mills  
Make Up: Amelia Richmond-Knight  
Production Assistants: Oliver How, Nur Hannah Wan, Zaynul  
Abedin

# Technical Specs

Runtime: 15 minutes 59 seconds  
Language: English  
Resolution: 4k