

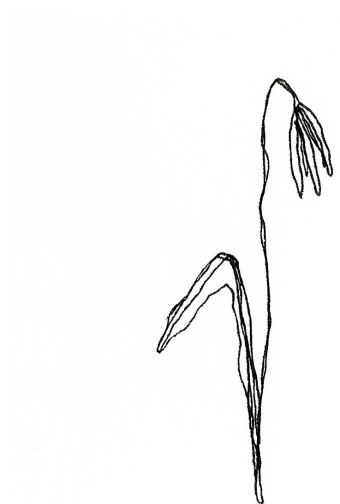


THE PAST WE KEEP

A shortfilm by Joshua Haiden

SYNOPSIS

A moment suspended between memory and imagination, Lina revisits a time marked by emptiness and quiet despair. As she encounters her younger self, a silent truth emerges: some wounds will heal, but their traces remain.



DETAILS

Original Title

Narben

International Title

The Past We Keep

Runtime

9:15

Language

German

Aspect Ratio

1.66

Completion

April 2025

Production

Maximilian Gübitz

Joshua Haiden

Screenplay and Direction

Joshua Haiden

Cinematography

Xaver Haiden

FILM STILLS AND SCREENING





Festival Screener

<https://vimeo.com/user61480119/narben>
password: Tagtraum



Why is Mental Health Awareness important?

We're constantly told how to care for our bodies and maintain physical health. But when it comes to our mental well-being—what we can do to protect it, or who we can turn to when we're struggling—that conversation has long been neglected.

How can we create Mental Health Awareness?

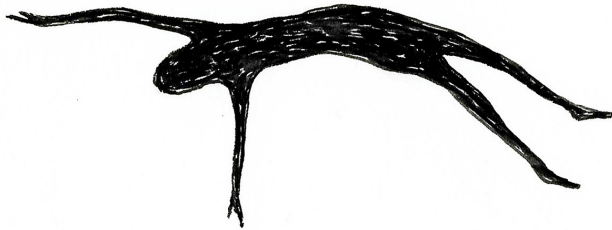
Raising awareness about mental health means more than just providing information. It's about breaking down stigma, encouraging openness, and making support accessible. When we speak honestly about our inner lives, we contribute to a culture of empathy, understanding, and early intervention.

It's time to normalize seeking help and to make visible what for too long has remained invisible.

How does our film contribute?

The Past We Keep seeks to shed light on the nuanced realities of mental health struggles, highlighting the importance of support, therapeutic spaces, and human connection.

In collaboration with Young Psychiatrists Austria, we aim to explore the complexity of the topic with greater depth and authenticity offering the audience not only a story, but a space for reflection and recognition.



DIRECTOR'S REFLECTION

I'm truly grateful for how this project unfolded. It was an intense three-day period in which we worked hard to bring the vision to life. Once again, it was incredibly moving to witness what becomes possible when an entire team believes in the story and builds that kind of almost magical connection.

Right after the shoot, we moved straight into post-production without much of a break. The editing, color grading, and sound design gave the film its unique character and deepened the emotional layers of the story.

I'm very proud of what we've created. I believe it's a film that not only gets under your skin, but also sparks reflection and stirs emotions—especially in times like these.



IMPRESSUM

Director

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