

MENTAL HEALTH CHALLENGES ACROSS THE FILMMAKING INDUSTRY

Join us for a thought-provoking panel discussion about "Mental Health Challenges across the Filmmaking Industry," presented by MedFest Egypt in collaboration with MAFF. Exploring the mental health challenges filmmakers face, the pressures of deadlines, as well as economic issues & long hours of shooting. We'll discuss the importance of solidarity in promoting mental health practices, the importance of seeking support, and enhancing the quality of films worldwide. Also discussing how cinematic cultures can learn from each other & fostering a global community of filmmakers dedicated to supporting mental health. Our panel features Mina el Naggar, Egyptian actor and founder of MedFest Egypt, known for his vast experience in the film industry and passion for mental health advocacy. Louise Johanson, representing Sane Cinema, is an expert in mental health and filmmaking, and Nada Abou Farhat, a renowned filmmaker and mental health advocate, will share their experiences and expertise.

Mina El Naggar



Founder of Medfest Eg, actor, director, a physician and a passionate traveler.

Merging his two main professions "Medicine and filmmaking", Mina had founded Medfest Eg in 2017 as a platform that connects both worlds together in a touring short film festival which is the first of its kind in the MENA region that sheds light on the interrelation between health, filmmaking and social impact. The festival also hosts international screenings and collaborates with other festivals such as Gouna Film Festival and Cairo International Film Festival

focusing on the mental wellbeing of those who work in the filmmaking industry. Along with being the founder and Managing director, he acts as the artistic director of the festival. As an actor, he participated in many TV series and films such as, Rivo 1 & 2, El Ekhtiyar, El Gamaa 2, Asham and Ezaaet Hob.

Contact info: elnaggar@medfestegypt.org

Nada Abu Farhat



She is a Lebanese actress, who graduated from the High Institute of Arts. Her

journey began at a young age, as she embarked on her acting career in Theater, TV, and Cinema while still in her early years of studying theatrical arts.

Throughout her career, she has accumulated a plethora of successful works, earning her numerous accolades and awards. Notably, she received the Best Actress award for her exceptional performance in the film "Under the Bombs" at both the Dubai International Film Festival and the Oran Film Festival. Additionally,

she was honored with another Best Actress award for her role in "The Secrets of Sitt Badiaa" at the Sharm el Sheik International Theatre Festival for Youth, among other recognitions. Beyond her on-screen achievements, she has served as a jury member for several esteemed film festivals, including the Lebanese Women Film Festival and the Malmö Arab Film Festival. Her passion for acting extends beyond her own performances, as she also excels as an acting coach for TV series and an instructor for acting workshops.

Contact info: nadaaboufarhat@gmail.com

Louise H. Johansen



Louise Højgaard Johansen is a Danish festival programmer and industry consultant. She started her career at CPH PIX and has curated audience and industry events for more than 15 years. Her work has taken her from Denmark to Iceland and Greece, and today she has settled in Prague. After becoming a mother, she continues her work for Athens Intl. Children's FF, next to collaborating with FAMU, Cinergy Prague and Karlovy Vary IFF. Louise holds a master in Film Studies from The University of Copenhagen, and is a member of the Danish and European Film Academies. Sane Cinema is her latest initiative that creates awareness about mental health and offers a safe space for film professionals to discuss how to survive in the industry in the long run. Since its launch at Berlinale 2023 has collaborated with the Erich Pommer Institut, ACE Producers, APA Czech Producers Association, CICAÉ, EWA, EFM, Marché du Film, Karlovy Vary IFF, Thessaloniki IFF, etc.

Contact info: louise.johansen@gmail.com