

20mgs/day Treatment

Logline: After a failed suicide attempt, 25-year-old seemingly cheerful Abigail must trust in her medication, therapy, and her own self-discovery to regain her happiness and find love.

After spending a night in the psych ward from a failed suicide attempt, ABIGAIL (25) is ready to enter society again, thanks to her new happy pills and mandated therapy. She returns to work - at a children's television production company - where we meet her ever-optimistic best friend and co-worker IZZY (25). Abigail's deskmates, SOCKBERT and MR. GRUMPUS (her puppet guides that talk out her inner feelings) are right where she left them. She's happy to see them and has lots of inner conflicts to discuss.

People around her are annoyingly sensitive and speak in gentle whispers. They all have the same thing to say too-- "you have so much to live for" - but Abigail already knows that she has reasons to live, it's just that knowing and feeling are two very different things. So she sets out to feel it - first stop, therapy.

Abigail's new therapist: DR. ALIA ERDHMAN (50s), a no-nonsense wise soul, tasks Abigail with finding a hobby. So, Abigail tries yoga with Izzy, has regular tea dates with her overbearing mother, and allows her bumbling roommates, EVAN and PETER, to drag her from activity to activity - whether it be dungeons and dragons or pottery class.

Feeling overwhelmed by the process, and guilty about being burdensome Abigail breaks down into a crying fit on a subway platform. NADIR (26), a fellow patient of Dr. Erdhman's, is luckily there to comfort her. He's charming, equally depressed, and there's an undeniable chemistry between them. Considering the current mental state that Abigail is in, they agree that they can't date, but there's no reason they can't be *friends*. Completely platonic friends who hold hands and are *definitely actually in love*.

With this new "friend" in her life, Abigail starts ignoring the other people and activities that were helping her on her quest to happiness. At the behest of Izzy she holds a depression party to bring all the people she loves together, but it ends up making her feel even more isolated - pushing her further into her Nadir bubble. That is until she learns his secret, that he doesn't have depression.

Feeling betrayed by the one person she thought she could relate to, and having pushed away everyone else in her life leads Abigail down a dark path. She has all the tools she needs, but she must put the work into being happy. Otherwise she could end up back in the psych ward. So, she does. She goes to therapy, she does yoga, she takes time for

her own creative projects, and she starts appreciating the people in her support network. Abby realizes that she might always have depression, but that doesn't mean she can't be happy too. With her new sense of self-discovery, she returns to Nadir, learning that while he may not be depressed, he's struggling with watching his mother die of cancer. Having worked out her inner puppets, er- demons, she can start focusing on the problems outside of her own head, starting by being there for Nadir.

Creators Statement:

20mgs/day is an intimate look at one woman's struggle with depression, but it's equally about her support net - how her depression affects those around her. 350 million people in the world suffer from depression. In Canada 1 in 5 people experience mental illness. All of those people similarly have a support net of people who don't know what to do or how to help. The specifics in the screenplay are my personal story, but these themes are universal and can validate or help someone struggling with mental illness, and that's why I need to make this film.