

The Directors Interview: Lucy

Michael: So, Lucy, I first want to ask you what you felt when you were approached for this project.

Lucy: I'd always wanted to speak out, because I was young. A lot of people, especially young people, are not aware of things like psychosis. Anxiety and depression is talked about. Psychosis, schizophrenia, other scarier things are not. My psychiatrist actually approached me, and I was definitely interested. A little bit nervous, but I thought, you know, this might be a really good opportunity.

Michael: Did you feel that it was going to be more of a documentary, where you talked about your experiences, or did you understand that it was going to be about directing Marcus?

Lucy: I wasn't sure what to expect at first. We did some Zoom calls, in the lockdown. We brainstormed a bit. When I realised I was directing, it was interesting. Definitely not what I expected though.

Michael: Not only were you directing, but you were directing somebody of a different gender to play you, and of a different generation.

Lucy: Yes.

Michael: How did that feel, to begin with?

Lucy: A bit strange at first, having someone so entirely different playing my role, as me, younger as well.

Michael: Now that you've finished the shoot, and you've got to know everybody on the crew, how do you feel about the experience now?

Lucy: It was amazing. In a way, a bit like free therapy. It sounds strange, but it really has been amazing for me, and I think, hopefully, for other people as well. I'm really glad I had this opportunity.

Michael: What do you feel has come out of this, for you, therapeutically? Do you feel different now that you've told your story?

Lucy: More than anything, having people that actually want to listen was the biggest thing. Most people in my life don't want to talk about it. They don't want to listen, let alone make a short film, or a whole set made for your experience. So, I think having someone who actually wants to listen, and cares, was the biggest thing for me. I think that's what was so therapeutic about it, just having someone who wanted to listen.

Michael: What do you think your friends and family will think when they see the film?

Lucy: I'm not entirely sure. I hope they'll learn something they didn't know before, and maybe see it in a bit of a different light. Hopefully they'll have a bit of a newfound approach on it.

Michael: Well, thanks very much indeed Lucy. It's been a pleasure to work with you. Thank you.

Lucy: You too.