

# Be My Friend, Hold Me

Original title: Be My Friend, Hold Me

When terminating a pregnancy is seen as an act of care, new conversations can begin. Care for yourself, care for a partner or care for future choices. One in five Belgian women decides to terminate her pregnancy. Abortion in Belgium is safe, easily accessible and almost free: rights hard fought for. This poetic documentary talks about the obviousness of the possibility to decide to be a parent or not. But also about the wounds that this choice might still cause. In Acts of Care, five characters recount their experience, vulnerable yet powerful, hoping to better understand and love each other.

## CREDITS

**DIRECTOR:** Constanze Wouters  
**PRODUCER:** Ben De Raes  
**WRITER:** Constanze Wouters  
**EDITING:** Constanze Wouters  
**PHOTOGRAPHY:** Ben De Raes

## TECHNICAL SPECS

**RUNNING TIME:** 33'  
**ASPECT RATIO:** 1.33:1 (4:3)  
**SOUND FORMAT:** 3.1 (+sub)  
**RELEASE FORMAT:** DCP; 16mm; Apple ProRes 422; DCP (1920 x 1080); DCP (2K)  
**COLOUR:** Colour

## MORE INFO

[flandersimage.com](http://flandersimage.com)

## CREATION DETAILS

**TYPE:** Film  
**PRODUCTION SHARE:** Majority Flemish Production  
**GENRE:** Documentary, Experimental  
**YEAR OF PRODUCTION:** 2024  
**PRODUCTION STATUS:** Completed  
**ORIGINAL TITLE:** Be My Friend, Hold Me  
**ORIGINAL LANGUAGE:** Dutch

## CONTACT & SALES

### CONTACT

Dagvorm Films  
T +32478789852  
[info@dagvorm.be](mailto:info@dagvorm.be)