

MENTAL HEALTH MATTERS

# Student Expression CONTEST



**MAMH**  
Massachusetts Association  
for Mental Health

## Stronger Together

SUBMISSIONS DUE FRIDAY, MAY 1, 2026

May is Mental Health Month! To celebrate, the Massachusetts Association for Mental Health (MAMH) is hosting the **2026 Mental Health Matters: Student Expression Contest**. This annual event is designed to promote mental wellness and support students to better understand, protect, and maintain their own mental health.

**This contest is open to all middle and high school students grades 6-12.**

**This year's prompt:** Use art and creative expression to explore the power of community, friendship, and togetherness to build positive mental well-being.

### Categories

- **audio/visual:** informational video or song (2 min. max)
- **artistic still:** painting, drawing or digital art (with short description)
- **creative writing:** essay or poetry (250 word max)



## General Guidelines

Individuals or teams are eligible to participate and submit original work (no AI submissions accepted) by Friday, May 1, 2026.

MAMH will review and judge each submission with winners announced the week of May 11.

## Prizes

The grand prize for each category is \$100, second place is \$75 and third place is \$50! Prizes will be awarded in each category, with middle and high school students judged separately. We will contact you and your parent or guardian (if under 18) by email to distribute winning checks. With your permission, winning entries may be featured on the MAMH website, in promotional materials, and/or media (see release).

## SUBMISSION INSTRUCTIONS

Email Leah Landry at [leahlandry@mamh.org](mailto:leahlandry@mamh.org). Please use the subject line: "Mental Health Matters". You will receive an email confirming your submission. Depending on submission type, please include:

**Audio/video:** direct link to the video (2 minutes max)

**Artistic still:** save, scan, or photograph your artwork in JPG, PDF or PNG format (**please send your short description as a word document or PDF**)

**Creative writing:** Word document or PDF (250 words max)

Include the following in the body of your email:

- Name, phone number/ other contact information
- School & grade level
- A completed release (see next page) indicating if we may share your submission on mamh.org and/or other media. **Note: This is not a requirement for participation and will not affect the scoring of your submission.**



## STUDENT AND PARENT/GUARDIAN RELEASE

I have submitted a video, writing piece, or other artwork in connection with the Mental Health Matters: Student Expression Contest sponsored by the Massachusetts Association for Mental Health (MAMH).

**Please indicate Y/N:**

\_\_\_\_\_ I give permission for MAMH and its partners to use my artwork for the purpose of promoting the contest or the work of the organization and to edit these images consistent with these purposes.

\_\_\_\_\_ I feel comfortable speaking with members of the media (newspaper, television, or radio reporters) about my participation in the contest, my submission, and my overall experience of mental health.

I understand that my decision does not in any way affect my participation in the contest or my ability to be awarded a prize.

Signed:

\_\_\_\_\_

Date: \_\_\_\_\_

(Student)

Name (please print):

\_\_\_\_\_

Address:

\_\_\_\_\_

\_\_\_\_\_

Phone:

\_\_\_\_\_

Email: (THIS IS HOW WE'LL NOTIFY YOU IF YOU WIN!)

\_\_\_\_\_

School/Grade Level: \_\_\_\_\_

MORE ON NEXT PAGE



Signed:

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Date: \_\_\_\_\_

*(Parent or Legal Guardian, if under 18)*

Name *(please print)*:

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Address:

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Phone:

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Email: *(THIS IS HOW WE'LL NOTIFY YOU IF YOUR STUDENT WINS!)*

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## Questions?

Email Leah Landry at [leahlandry@mamh.org](mailto:leahlandry@mamh.org)

or call Leah at (603) 315-5924!

