MIDDLE AND HIGH SCHOOL

Student Expression CONTEST



Stronger Together

SUBMISSIONS DUE FRIDAY, MAY 1, 2026

This contest is open to individuals or teams of middle and high school students grades 6-12. MAMH is looking for **creative works of art that explore the power of community, friendship, and togetherness to build positive mental well-being**. Submissions will be reviewed and judged with winners announced the week of May 11.

Art must fall into three 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)



Send submissions and release to leahlandry@mamh.org

Guidelines and more details | www.mamh.org/events