

MIDDLE AND HIGH SCHOOL

Student Expression CONTEST



The Colors of Emotion

SUBMISSIONS DUE FRIDAY, MAY 2, 2025

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 use color and abstract forms and ideas to express different emotions and the journey toward mental well-being.** Submissions will be reviewed and judged with winners announced the week of May 12.

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
maddybrogan@mamh.org



[Guidelines and more details | www.mamh.org/events](http://www.mamh.org/events)