



MASSACHUSETTS
HEALTH COUNCIL



MAMH

Massachusetts Association
for Mental Health

“You’ve got a friend in me!” Student Contest May is Mental Health Awareness Month!

Calling all middle and high school students
to get creative about mental health

Overview:

The Massachusetts Health Council (MHC) and Massachusetts Association for Mental Health (MAMH) want to give young people the opportunity to express themselves creatively while raising awareness about the importance of mental health.

The contest is open to all middle school and high school students grades 6-12. The submission deadline is May 14, 2021.

Our theme is “You’ve got a friend in me!” Some of the topics you can address in your submission include:

- What advice would you give a friend struggling with their mental health?
- How can you let a friend know they can reach out to you for support?
- How would you want a friend to help you?
- What do you do to take care of your own mental health? Do you have strategies or tips to share with other students?

Categories:

Audio Visual: Informational video, rap, song (between 20- 60 seconds)

Written: Poem, short story (maximum 1,200 words)

Artistic Still: Painting, drawing, infographic, collage, photography (can include a title and description)

General Guidelines:

Individuals or teams are eligible to participate and submit original work.

Submission Period: April 15th - May 14th, 2021

The Massachusetts Health Council (MHC) and Massachusetts Association for Mental Health (MAMH) will review each submission - and may include guest judges!

MHC and MAMH leadership reserves the right to disqualify entries that do not meet the contest guidelines. No personal, identifying information from any contestant age 13 or under will be retained by MHC.

Submissions should be suitable for publication and review by students over age 12, and should not encourage or incite dangerous, hazardous, or unlawful behavior.

Prizes:

The Grand Prize for each category is \$200, 2nd place is \$100 and 3rd place is \$50! We will contact you and your parent or guardian (if under 18) by email to distribute the winning checks. With your permission, winning entries may be featured on MHC or MAHM's websites and/or shared on social media.

Submission Instructions:

This is the important part!

Just send your submissions via email to Y'neris Olivencia at y'nerisolivencia@mamh.org. **Please use the subject line: You've got a friend in me!** You will receive an email confirming your submission.

You can send a link or attachment with a document, scan or photograph of your art, or video or audio file. Please include a cover note with the following information:

1. Name
2. Telephone number or other contact information
3. May we share your submission on our website and/or social media? *(This is not required!)*

Questions?

Email Y'neris at y'nerisolivencia@mamh.org or call her at (321) 830-9965!