"You've Got a Friend in Me"
Mental Health Youth Expression Contest

How can you help a friend struggling with their mental health?

GET CREATIVE!
Submit a work of art following our guidelines. 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?

Submit in one of 3 categories below, there are cash prizes for each! 😊💰

Audio/Visual: videos, songs, spoken word
Written: poetry or short stories
Artistic Still: paintings, drawings, photographs, collages

1st place: $200
2nd place: $100
3rd place: $50

Submit your art here by May 14th

visit https://bit.ly/3g9QUPQ for more details