

MENTAL HEALTH MATTERS

STUDENT EXPRESSION CONTEST



MAMH
Massachusetts Association
for Mental Health

MHC

MASSACHUSETTS
HEALTH COUNCIL

Overview:

May is Mental Health Month! To celebrate, the Massachusetts Health Council (MHC) and Massachusetts Association for Mental Health (MAMH) present the 2024 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.

The contest is open to all middle school and high school students grades 6-12. The submission deadline is Wednesday, April 24, 2024.

Get creative! Some of the topics you can address in your submission include:

- Why is mental health so important?
- How do you take care of your own mental health?
- Do you have strategies or tips to share with other students?

Categories:

Audio/Video: Informational video, rap or song (2 minute max)

Artistic Still: Painting, drawing or digital art (with short description)

Creative Writing: Essay or poetry (250 words max)

General Guidelines:

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

Submission Deadline: Wednesday, April 24, 2024

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

Prizes:

The Grand Prize for each category is \$250, 2nd place is \$100 and 3rd place is \$50! Prizes will be awarded in each category to both Middle School and High School submissions and judging will be separate. 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 MHC or MAMH's websites, promotional materials, and/or media.

Submission Instructions:

****This is the important part****

Send your submissions and consent form via email to Maddy Brogan at maddybrogan@mamh.org. **Please use the subject line: "Mental Health Matters"**. You will receive an email confirming your submission.

Audio/Video Submissions: direct link to YouTube or MP4 version of the video
(2 minutes max)

Artistic Still Submissions: 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 Submissions: word document or PDF (250 words max)
****Please note that AI generated submissions will not be accepted****

For submission, please include the following information in the body of your submission email:

1. Name
2. Phone number or other contact information
3. School & grade level
4. Please also include a completed release (see next page) letting us know if we may share your submission on our websites and/or other media. *Please note that this is not a requirement to participate in the contest and will not affect the scoring of your submission in any way.*



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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) and the Massachusetts Health Council (MHC).

Please indicate Y/N:

_____ I give permission for MAMH, MHC, and their partners to use my artwork for the purpose of promoting the contest or the work of their organizations 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: _____

School/Grade Level: _____

Signed: _____

Date: _____

(Parent or Legal Guardian, if under 18)

Name *(please print)*: _____

Address:

Phone: _____

Email: _____

Questions?

Email Maddy Brogan at maddybrogan@mamh.org
or call Maddy at (315) 414-6354!