



# Take Action for Mental Health Art and Video Contest

Open to TK-Ages 25



Submissions are due May 31, 2022

## 3 WAYS TO PARTICIPATE

- 1). **DEAR ME:** Create a message to your future self about your accomplishments, how you cope with tough times, and your hopes for the future.
- 2). **HOPE:** Get creative and express what actions young people can take for mental health! Think about the changes you hope to see in yourself, at your school or in your community when it comes to mental health and acceptance of young people who are experiencing a mental health challenge.
- 3). **JUSTICE:** Create a film, song, narrative, or piece of art about how young people are "more than a mental illness." What are the amazing qualities they have?

For more details about how to participate, visit: [www.DirectingChangeCA.org/RiversideCounty](http://www.DirectingChangeCA.org/RiversideCounty)

## AWARDS

Awards will be presented by grade level groups. TK-2nd, 3-5th, 6-8th, 9-12th, beyond high school to age 25.

- **1ST PLACE AWARD**  
*\$75 gift card, plaque, and certificate of participation.*
- **2ND PLACE AWARD**  
*\$50 gift card and certificate of participation.*
- **3RD PLACE AWARD**  
*\$25 gift card and certificate of participation.*
- **HONORABLE MENTION**  
*Certificate of participation.*

## SUBMIT ENTRY BY MAY 31

- Any art form accepted: digital art, films, spoken word, poetry, original music, and more! Must be original work of the student with no copyrighted images.
- Any person TK through ages 25 may submit an entry.
- One entry per person.

Share your submission on social media with #MentalHealthRivCo and #PEIMay2022



For questions, please email [devin@directingchange.org](mailto:devin@directingchange.org)

[www.DirectingChangeCA.org/RiversideCounty](http://www.DirectingChangeCA.org/RiversideCounty)



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).