



MAMH
Massachusetts Association
for Mental Health

MHC

**MASSACHUSETTS
HEALTH COUNCIL**

“Refresh your Mental Health” Student Art Contest Guidelines

Overview:

May is Mental Health Month! To celebrate, the Massachusetts Health Council (MHC) and Massachusetts Association for Mental Health (MAMH) present the 2022 “Refresh your Mental Health” Student Art 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 May 2, 2022.**

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

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

Categories:

Audio Visual: Informational video, rap, song (under 3 minutes)

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 1st - May 2nd, 2022

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 the winning checks. With your permission, winning entries may be featured on MHC or MAHM's websites, promotional materials and/or other media.

Submission Instructions:

!! This is the important part !!

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

You can send a link or attachment to share 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. 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 required to participate in the contest and will not affect the scoring of your submission in any way.*

Questions?

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



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I have submitted a video, audio recording, or other artwork in connection with the Mental Health Matters Youth Art Contest sponsored by the Massachusetts Association for Mental Health (MAMH) and the Massachusetts Health Council (MHC).

Please check ONE:

- I give permission for MAMH and MHC to use my artwork for the purposes of promoting the contest or the work of their organizations and to edit these images consistent with these purposes.
- I do not give permission for MAMH and MHC to use my artwork for any purpose.

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: _____

Signed: _____ Date: _____
 (Parent or Legal Guardian, if under 18)

Name (please print): _____
 Address: _____

 Phone: _____
 Email: _____