



MAMH  
Massachusetts Association  
for Mental Health

MHC

MASSACHUSETTS  
HEALTH COUNCIL

# MENTAL HEALTH MATTERS

## STUDENT EXPRESSION CONTEST

### 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)



## PRIZES

1st Place : \$250

2nd Place : \$100

3rd Place : \$50

*Submission Deadline: Wednesday, April 24th*  
*This contest is open to all Massachusetts middle and high school students*

For more information visit:  
<https://bit.ly/3TpWJfd>  
or scan the QR code below:

