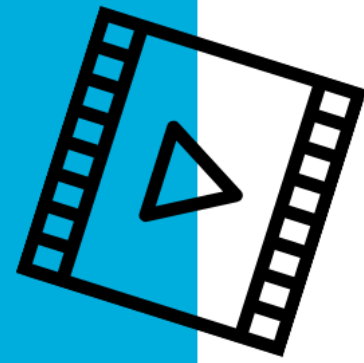




# MAGNIFY VOICES

Film & Writing Contest



Youth in middle and high school (grades 5 - 12) are invited to submit 2-minute films or creative writing pieces about mental health issues. Magnify your voice, raise awareness, and help other young people across New Hampshire. The winners will receive cash prizes and attend the award ceremony.

## Submission Categories:



5 Things I/We Wish People Knew About Mental Health



No Shame: Erase The Stigma



This Is How I/We R.E.A.C.T. (Recognize the Signs, Express Concern, Act Now, Care, Text for Help)



S.O.S. (Stamp Out Stress): Coping Skills And Self Care



Create Your Own Theme Around Mental Health Issues

## SUBMISSIONS ARE DUE MARCH 1, 2019

VISIT [www.MagnifyVoices.org](http://www.MagnifyVoices.org) FOR CONTEST RULES AND RESOURCES.

### ADVOCATE - INFORM - DESTIGMATIZE

