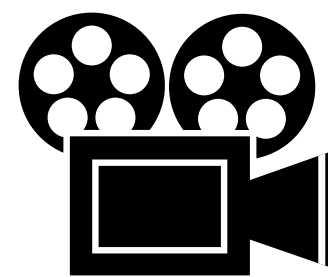
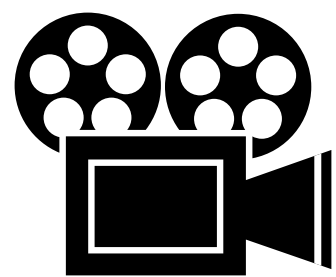


In Celebration of Children's Mental Health Awareness Week, the NH Children's Behavioral Health Collaborative announces a

# Youth and Young Adult Video Contest



May 2018 - May 2019

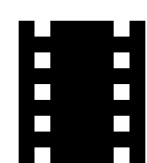
Do you have something to say about mental health issues?

What has worked for you? What changes are needed?

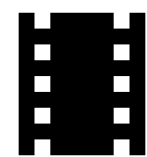
**Raise your voice. We want you!**

Students are asked to select one of 5 themes and create a 5-minute (or less) video. \$1000.00 cash prize awarded to the best entry for each theme!

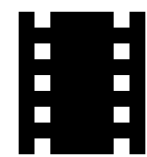
## The Five Themes are:



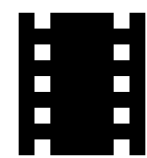
Five things I/we wish people knew about mental health



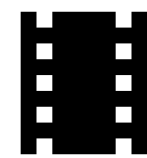
No Shame: Erase the Stigma



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



**Share your experiences around mental health issues. Messages of hope/solutions/recovery are encouraged!**

Videos submitted no later than February 28, 2019 to Dellie Champagne at [Dchampagne@new-futures.org](mailto:Dchampagne@new-futures.org). Include names of students, organization and contact information. This contest is open to all middle and high school students in NH. For more information, please call Dellie at 225-9540 ext. 103.

## INFORM - ADVOCATE - DESTIGMATIZE

Please note: videos will become the property of the NHCBC and may be used at upcoming events. A future screening of the top films is also planned.



NH Children's  
Behavioral Health  
Collaborative



BUREAU OF STUDENT WELLNESS  
NH Department of Education



Dartmouth-Hitchcock

**NAMI**  
National Alliance on Mental Illness  
New Hampshire

REACHING  
HIGHER NH

