

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. 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



Dartmouth-Hitchcock

