



Directing Change

Program and Film Contest

the **Hope & Justice**
Category



Announcing May's Prompt:

Dear Me

Submissions are due May 31

TAKE ACTION

FOR MENTAL HEALTH

May is Mental Health Matters Month and a great time to take action for mental health. Join youth and schools across California for Mental Health Spirit Day on May 7th. Learn more at

HopeandJustice.DirectingChange.org

Submissions accepted and awarded monthly

- Open to youth ages 12-25
- Participants are eligible to submit one entry per month
- Submissions are due on the last day of the month
- First place (\$300 Amazon Gift Card)
- Second Place (\$150 Amazon Gift Card)
- Third Place (\$100 Amazon Gift Card)
- Honorable Mentions (\$25 Amazon Gift Card)

View the full contest rules at **www.HopeandJustice.DirectingChange.org**

Step 1: Select a Submission Format

Express yourself! Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, a speech, **ANYTHING!** This is your chance to tell your story and be creative.

- Blog, poem, spoken word, or other narrative (500 words or less)
- Short video, animation or Tik Tok
- Video PSA (30 or 60-seconds)
- Radio PSA (30-seconds)
- Original music
- Visual Art (E.g. painting, digital art, sketching, comic, or any other art form.)

Step 2: Submit Submission Category: Hope, Justice or Monthly Prompt

HOPE:

Create a film, song, narrative, or piece of art that shares your story and encourages others to find their own way to get through tough times. Think about what changes you hope to see in yourself, in your family, at your school or in your community when it comes to mental health and acceptance of young people who are experiencing a mental health challenge.

JUSTICE:

This category is all about the change you want to see in your community. Since it is Mental Health Matters Month, consider creating a project about how young people experiencing a mental health challenge are “more than a mental illness.” What are the amazing qualities they have? What actions can young people take to stand up for others and promote acceptance and inclusion.



MONTHLY PROMPT: DEAR ME

This month, create a piece of art, film, or letter with a message to your future self. Take time to reflect on what you would like the future to bring in a year, two years, five years, ten years, or more! **To celebrate Mental Health Matters Month in May, be sure to include how you have taken care of your mental health or your goals for taking care of your mental health in the future.** Your message can remind you of your accomplishments or be a reminder of what you've overcome and experienced. Use this as an opportunity to send your future-self a hopeful message that reminds you about your resiliency and strength.

Here are a few ideas to get started:

- Share with your future self how you are “more than a mental illness.” What are the amazing qualities you have and the things you are most passionate about?
- Create a piece of art or short film that shares a message of hope and encouragement to your future self.
- Create a piece of art, audio recording, letter, or short film that imagines what your future self will be like, what your dreams are, or reminds you of your strengths and resilience.

Step 3: Submit Entry by May 31st at: www.HopeandJustice.DirectingChange.org

If at any time you are experiencing an emotional crisis, are thinking about suicide or are concerned about someone call the National Suicide Prevention Lifeline Immediately: 1-800-273-TALK (8255). This is a free 24-hour hotline.

Join Mental Health Spirit Day on or before May 7th.

Complete Spirit Day Activity, submit proof of participation and win a pizza party for your classroom or grade, cash and more!

To get started view the flyer or visit:

www.DirectingChange.org/events

