



Hope &
Justice

TAKE ACTION

FOR MENTAL HEALTH



MAY PROMPT: #takeaction4MH

May is Mental Health Matters Month and a great time to take action for mental health. Create a film, poem, or art piece about how young people can #takeaction4MH by checking-in with themselves and others, learning more about mental health, and getting support when needed. All submissions should incorporate the lime green ribbon as a symbol of mental health.

OPEN TO YOUTH
ages 12-25.

SUBMISSIONS ARE DUE
May 31, 2023.

ALL ART FORMS
ACCEPTED! Poetry,
original music,
short films, visual
art, TikToks, dance
and more!

WIN PRIZES! Up to
\$300 in Amazon
gift cards.



Share the 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.



Share how to start a conversation about mental health. Create a film or comic strip showing what a "check-in chat" might look between friends, siblings or with a trusted adult.



Share facts to encourage young people to learn more about mental health and healthy coping skills. Create a **self-care toolbox** of things that bring you comfort.



Share different ways young people can get support for their mental health. What actions can we take to promote acceptance and inclusion?



May's monthly prompt is sponsored by the Take Action for Mental Health Campaign. As part of California's ongoing mental health movement, the [Take Action for Mental Health](#) campaign is designed to help you check in, learn more, and get support for your own mental health or the mental health of someone you care about.

takeaction4mh.com | HopeandJustice.DirectingChange.org

