

THE 2020 HIGH SCHOOL ESSAY AND MULTIMEDIA CONTEST

BOUNCING BACK: THE COURAGE TO CONTINUE



IDEAS TO GET YOU STARTED

- Describe a time that you faced a difficult situation and you were able to bounce back.
- What helped you to move forward?
- What did you learn about yourself from that experience?
- Looking back on the experience, what would you like to teach about resilience in the face of challenges to someone younger than you?

ESSAYS

Tell a powerful story in 250 to 500 words, use personal experiences.

ART/VIDEOS

Original art on an 11"x14" poster OR 1 to 2-minute video. Include an artist statement with your art work.

WE THANK THE 2020 ESSAY AND MULTIMEDIA CONTEST SPONSOR



www.yellowbrickprogram.com

Questions? E-mail mhanorthshore@gmail.com

**CASH PRIZES
up to
\$300**

ENTRY INSTRUCTIONS

DO NOT include your name or school on your essay or media. INSTEAD, attach a separate sheet or include in the body of your e-mail your name, address, phone, e-mail address, school, grade and teacher's name.

Mail to :

Mental Health America of the North Shore
2100 Ridge Ave, Suite G204
Evanston, IL 60201

or e-mail to:

mhanorthshore@gmail.com

Share videos on Google Drive.

**ENTRIES MUST BE
SENT ON OR BEFORE
MARCH 20, 2020**

All personal information is kept confidential. Entries become the property of MHA-NS and may be published with the author's permission. Winners will be selected by a panel of judges.

This contest empowers youth to share their ideas concerns and solutions.

More information at

mhans.org.