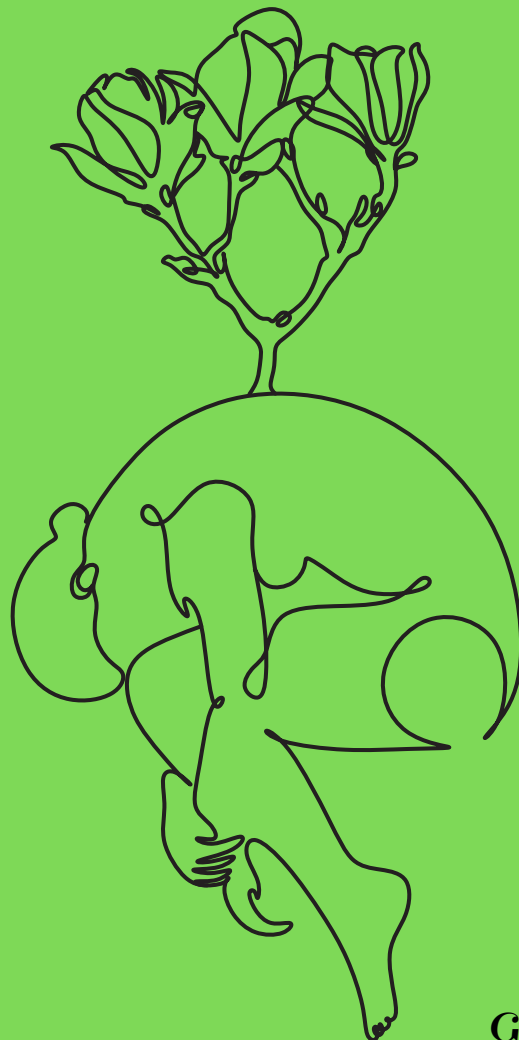


Lessons from the Past:

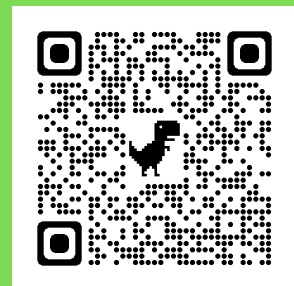
A Mental Health Initiative

Write or illustrate your story, in an effort to raise awareness and break the stigma



Deadline:
May 20th

Guidelines and prompts



Lessons from the Past: A Mental Health Initiative

What is it?

This is a mental health initiative in order to raise awareness on mental health, promote resilience, and break the stigma. Students will be able to submit an original piece of work that can either be an essay or excerpt, a poem, a work of art, or a photograph. This will give students the opportunity to express themselves through creativity and start a healthy discussion on mental health. Submissions will be displayed in the library for students and staff to look at. The original work can either be kept confidential or have the student's name displayed, depending on student preference.

Guidelines:

- If students are writing an essay or a poem, the excerpt should be no longer than 1 page or 500 words max. The original work must be in readable font.
- Students who prefer to do a photo or a piece of art should be mindful about the size as it will be displayed in the library with other forms of art.
- All submissions must be original pieces of work.
- All submissions will be reviewed by staff members before being displayed.
- Your work must be related to mental health and how you overcame an obstacle. Please use the prompts for any inspiration.
- The work itself is not fully anonymous. A name must be attached to the work you submit. However, you will have a choice between having your name on your work or not when displayed in the library.
- Have fun!
- If you have any questions related to this initiative, please contact EDHS Wellness Counselor, Mr. Valdez, at cvaldez@pylusd.org.

Please check one:

- Please display my name with my work
- Please do not display my name with my work

By signing below, you agree to display your work for others to see:
