

# Teen Mental Health Creative Writing Contest

## Guidelines for Submissions

We are so glad you've decided to participate in this opportunity to share your thoughts about the importance of mental health awareness in the life of teenagers in today's world!

- We would like to see a **creative piece of writing** using personal reflection on mental health awareness.
- Your entry can be a **fictional short story, a personal essay, or a poem.**
- Consider including **an explanation of what mental health means to you with vivid examples.**
- We are curious to hear your ideas about the **stigma of mental health among teens, the personal impact of stigma, and how to overcome it.**
- Please limit your submissions to **2 or 3 pages double spaced.**

**All submissions are DUE BY Sunday, May 5, 2024**

Submit to:

- Carolyn Hoffman, LCSW, Director of the Sinai Temple Mental Health Center  
[choffman@sinaitemple.org](mailto:choffman@sinaitemple.org)
- Leyla MacLean, School Counselor at Sinai Akiba Academy  
[lmaclean@sinaiakiba.org](mailto:lmaclean@sinaiakiba.org)

Submitted essays will be read and "judged" by a Sinai Temple and Sinai Akiba Academy committee of licensed mental health professionals.

**Prizes** will be awarded separately to both Middle School and High School students.

- 1<sup>st</sup> Place: \$100 Gift Card
- 2<sup>nd</sup> Place: \$75 Gift Card
- 3<sup>rd</sup> Place: \$50 Gift Card
- Honorable Mentions will also be awarded