



January 15, 2020

Dear Educators, Parents, and Students,

### **ANNOUNCING THE MENTAL HEALTH MATTERS DAY T-SHIRT LOGO DESIGN CONTEST**

Mental Health America of California (MHAC) and all of the Mental Health Matters Day (MHMD) partners are pleased to announce the MHMD T-shirt Logo Contest. The contest is sponsored and directly funded by the MHAC and the MHMD partners as part of a collaborative statewide effort to:

- Raise awareness about K-12 student mental health and wellness
- Reduce the stigma associated with mental illness
- Create nurturing and supportive environments that foster recovery

**In this contest, middle and high school students are invited to design a logo for the 2020 MHMD T-Shirt.**

The logo design must include the theme **2020 Vision: Hope, Change, Action**, incorporate the lime green ribbon that represents mental health awareness, and creatively embrace one or more MHMD goals, which include:

- Increasing awareness of student mental health issues
- Providing training for school staff, parents, and community partners to identify and support students experiencing emotional distress
- Improving school climate
- Connecting students to appropriate school or community-based mental health services

The contest will have **three winners:** Gold, (\$100), Silver (\$75), and Bronze (\$50).

Students will upload their logo design in acceptable image format\*, along with the Contestant Entry and Release Form by Friday, February 14, 2020. To submit your entry go to **[mhac.org/tshirt2020](http://mhac.org/tshirt2020)**

Email any questions to [info@mhac.org](mailto:info@mhac.org). Winners will be notified in writing and the winning entries will be posted on the MHMD Web page in March 2020.

- File size should not exceed 5 MB, acceptable image file types are .ai - Adobe Illustrator Document; .ps, .eps - PostScript File; .jpg - JPEG Image; .psd - Adobe Photoshop Image; .bmp - Bitmap Image; .gif - GIF Image; .png - PNG Image; .wmf - Windows Metafile.

Please note, Adobe Acrobat Documents (.pdf) and Microsoft Office files (.ppt, .doc, .xls) are not compatible.