ATTENTION MIDDLE AND HIGH SCHOOL STUDENTS

ENTER THE ANNUAL

STIGMA-FREE STICKER CONTEST

Artwork should represent what it means to be stigma-free or what "Proud to Be Stigma-Free" looks like.

GRAND PRIZE WINNER WILL RECEIVE A: $300 GIFT CARD!

ADDITIONAL CATEGORY WINNERS MAY BE IDENTIFIED FOR OTHER PRIZES

SUBMISSIONS ARE DUE BY MARCH 28TH

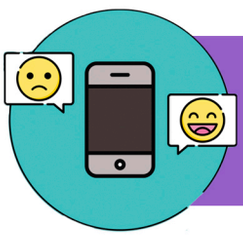
The Bergen County Stigma-Free Initiative is a county-wide program that works to prevent and reduce the stigma associated with mental illness, raises awareness of the disease of mental illness through education, helps make conversations about mental health a part of everyday discussions, and eliminates and prevents stigma to encourage those who live with a mental illness to seek assistance without the fear of being negatively judged.

Contact Danielle Trippeda, dtrippeda@BergenCountyNJ.gov or 201-634-2749, with any questions

SEAL OF BERGEN COUNTY NEW JERSEY 1683

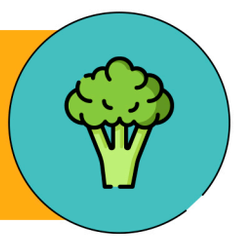
BERGEN COUNTY PROUD TO BE STIGMA-FREE

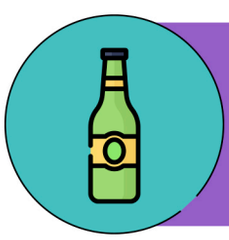
Tips for coping with stress:



It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

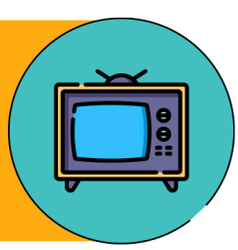
Maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones.





Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Limit worry and agitation by taking a break from your phone, tablet and computer. Some good ideas are to sit and read a book, go outside, or do anything that you enjoy.





Instead of aiming for perfection which isn't possible , be proud of however close you get to your goals.

Suicide and Crisis Lifeline:
988
call or text 24/7

2nd Floor Youth Hotline:
888-222-2228
call or text 24/7

REMEMBER: 911 FOR EMERGENCIES

Bergen County Division of Mental Health & Addiction Services: 201-634-2750

James J. Tedesco, III
Bergen County Executive

Bergen County Board of Commissioners
Mary J. Amoroso, *Chairwoman* · Steven A. Tanelli, *Vice Chairman* · Dr. Joan M. Voss, *Chair Pro Tempore*
Rafael Marte · Germaine M. Ortiz · Thomas J. Sullivan · Tracy Silna Zur

Source:
World Health Organization

Bergen County Stigma-Free Sticker Contest Submission Release Form

Rules:

- All artwork must be original. No tracing and no stock or "borrowed" images may be used.
- All entrants must be a student enrolled in Bergen County schools or home schooled in Bergen County, or be a Bergen County resident if they go to school in a different County.
- Entries may be hand drawn or digitally designed (see specifications below).
- Entries may be used for social media and other marketing materials for Bergen County.
- Entries must include your artwork (original or copy) and the consent form.
- All entries must be received by **Friday, March 28th.** Late entries will not be accepted.

Entry Details:

- The release below must be signed by a parent/guardian and submitted with your artwork to be considered if under 18.
- Entries must use the attached template and mail or email their design and consent form to:

  Danielle Trippeda, LPC, LCADC, ACS, NCC
  Department of Health Services – 4th Floor
  One Bergen County Plaza
  Hackensack, NJ 07601

  dtrippeda@BergenCountyNJ.gov

- Digital submission specifications:
  - Please submit in .jpg, .png, or .pdf format below 25 MB. Vector format will be requested from winners.
  - Please use CMYK color
  - Must have at least a 1/8" bleed on all sides

Entrants agree that:

I consent to the display and/or use of my original artwork submission or images thereof by the County of Bergen, namely the Bergen County Department of Health, Division of Mental Health and Addiction Services. This consent applies to all forms known now or in the future, in all media and all manners, including, but not limited to: advertising, art, social media, editorial content, and exhibition. I hereby release Bergen County, its affiliates and respective directors, officers, agents, employees, and guests from any and all claims of any kind on account of any such use. I understand that if my artwork is selected as the contest winner it will be printed and distributed publicly to the community and promoted on social media, County websites, as well as other potential mediums including local journalism platforms, and that the artwork will not be returned to me. The County of Bergen reserves the right to add a County seal to your art if selected a winner. At the time of the submission to the County, all rights, interests and title to the artwork shall automatically transfer to the County.

Entrant Contact Information:

Name (printed): _____

Street Address: _____

Town: _____

Phone: _____

Email: _____

School: _____

Grade: _____ Age: _____

Entrant signature: _____

Parent/Guardian name: _____

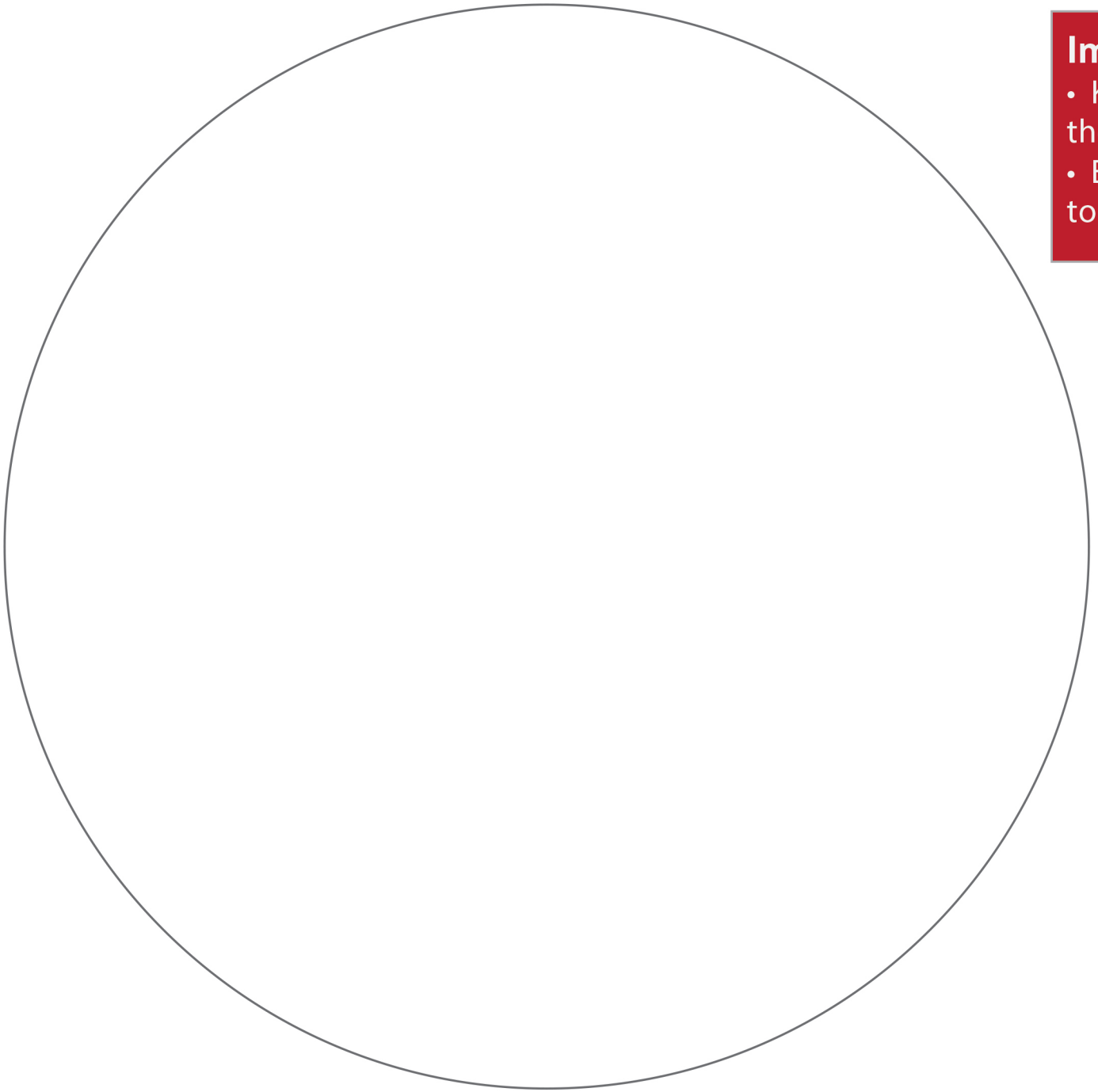
Parent/Guardian signature: _____

Relationship to Entrant: _____

Date signed: _____

Name: _____ School: _____

Your Design



Important!

- Keep all words a 1/2 inch from the edge of the circle
- Extend the background design to the edge of the circle

Actual Size of Sticker

