



# What Are the Keys to Mental Wellness Contest

May is Mental Health Awareness Month and we want students to help spread awareness about the importance of mental health to their peers.

The contest is open to all students (grades K-12). Students may work individually or in a team of no more than 5 students.

Students are challenged to answer the question, "**What are the keys to mental wellness?**" in the form of a 2D non-digital art piece, digital art, poem, short essay, or video.

Submissions will be rated on originality, creativity, and quality of content.

## PRIZES

- **Individual student prizes:** Self-care package (with a journal, mini zen garden, gift card, and more) per student
- **School main prize:** 15 brand-new books for the school library that celebrate diversity, mental health, and SEL

Contest entries are due  
**Friday, May 2, 2025**

[Submission Link](#)



## CONTEST RULES

- Contest is open to all grades K-12
- All contest entries must be submitted online as a .jpeg, .png, .pdf, or .mp4 file
  - Any 2D non-digital art pieces must be scanned or photographed and submitted appropriately online
- Video entries:
  - Must be no more than 2 min. long
  - May contain additional guest appearances by other students, staff, and family members
  - All video entries must be accompanied by an AtlantiCare Photo/Media Release Form per individual that appears in the video
- There will be 1 winner and 1 runner up in each age group for a total of 6 awardees:
  - K-4th grade
  - 5-8th grade
  - 9-12th grade
- Student winners will be presented with their individual and school prizes by the Healthy Schools team in person
- Winning entries may be shared on AtlantiCare's social media accounts

Winners will be announced by  
**Monday, May 12, 2025**