

Join the Competition!

Get creative and show us
how nature makes you feel

Draw a picture

Write a letter

Record a video

Create a poem

Make a dance

Sing a song



This year's Mental Health Awareness Week's theme is **nature** (May 10th—15th).

How to enter:

- Send your piece to dutyouthservices@hfehmind.org.uk
- Title the email: "Mental Health Awareness Week Competition"
- Include your name, school, age, and parent/carer's email address.

Winners will receive a gift voucher and will have their work shared on social media!

Submit your piece by **May 16th**.

Winners will be announced on HFEH Mind's social media.