



The Stigma Through Art

In celebration of Mental Health Awareness Month, PermiaCare will be hosting a mental health creative art contest. The contest aims to raise awareness on common mental health challenges. We encourage Texans of all ages to participate.

Prizes:

Winners will receive a prize that influences their artistic growth. Winners and all participants art will be published on social media and PermiaCare's website.

Winners:

Winner will be chosen from 3 age categories.

- 6-13
- 13-18
- 18 and older

Judging

Judging is based on originality and creativity. Entries containing plagiarized materials will be automatically disqualified. A team of judges will select the top submissions for each category and grade level. Entries, once submitted, become the property of PermiaCare, and may be used for the purpose of promoting awareness of mental health issues. All materials submitted will be displayed on the website.

Guidelines

- Must be an original artwork that combines drawing, pictures, and words if you wish.
- Materials used may include pencil, ink, charcoal, crayon, markers, pastel, paint, mixed media, collage, graphic design or similar 2D media. No AI will be accepted.

- Scanning your physical artwork (a painting, drawing, etc.) will give us the best image quality. If you don't have access to a scanner, it's okay to take a picture of it (just make sure the room is well lit and the photo is not blurry).
- Artwork cannot show depictions of nudity, blood, suicide, or violence.
- Please include your name, phone number, email, and a description with your entry. Only name and description will be displayed to others.
- **Must be submitted by May 28th**

Submit entries by emailing them to humanresources@permiacare.org