



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.

Students are challenged to answer the question, "**What are the keys to mental wellness?**" in the form of 2D non-digital art (poster, drawing, etc.), 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:** 10 brand-new books for the school library that celebrate diversity, mental health, and SEL

Contest entries are due by
Friday, May 1, 2026

[Submission Link](#)



Contest Rules

- Contest is open to all grades K-12.
- Students may work individually or in a group of up to 3 students.
- 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
 - Must be submitted as a Google Drive link
 - All video entries must be accompanied by an AtlantiCare Photo/Media Release Form per individual that appears in the video upon submission
- There will be 1 winner in each age group for a total of 3 winning projects:
 - K-4th grade
 - 5-8th grade
 - 9-12th grade

Winners will be announced by
Monday, May 11, 2026