



Mental Health: What's It To You?

What does mental health mean to you? How do you stay mentally healthy? Or get mental healthy? What kinds of things get in the way of having good mental health?

Using words and pictures, create an artwork that helps people understand what mental health means to you and go in the running to win a **16GB iPod Touch**.

Entries can be photos and text, drawings and text, or comics. Test yourself out and enter a vine! Email us your image at iaymh.comp@gmail.com and include your full name, age and country of residence, to be in the running to win.

Mental Health: What's It To You?

The International Association for Youth Mental Health (IAYMH) was established in 2012. The association aims to advocate and collaborate for improved mental health among young people across the world. The IAYMH recognises that young people have an important role to play in achieving change in the area of mental health, and in terms of looking after their own mental health.

The second international conference for youth mental health will be held September 30th - October 3rd 2013, in Brighton, United Kingdom. It is important that young people's views be expressed at the conference. A number of young people from across the world will attend. However, travelling to a conference is not possible for all young people who have an interest in youth mental health.

The Goal

The goal of this Competition is to design a media product which describes your understanding of "mental health". The product should promote awareness of factors which positively impact on mental health - such as things you can do to improve your own mental health. The images and words could also promote awareness of factors which negatively impact on mental health - such as things that can lead to problems with mental health.

The entry can be based on a **photograph, drawing or comic**. It should include **images and words** to communicate an idea about young people's mental health.

The IAYMH invites young people aged 12 - 25 anywhere around the world to generate a simple image and text media and submit it.

Prizes

Winners will be chosen at random from the entrants. Three winners will be selected and each winner will win a 16GB iPod Touch.

Entries close 5pm Greenwich Mean Time, Monday 23rd September

The Entry

Please fill out the entry form and submit it along with your meme. Submit entries as two attachments to the email iaymh.comp@gmail.com

The size of the entry should be no larger than **1MB**

All entries are eligible to be displayed on the IAYMH Facebook Album, IAYMH Twitter account and on the big screen during the IAYMH conference.

Terms and Conditions

Entry is open to any young person living anywhere in the world, aged between 12 and 25 years on Monday 23rd September.

The Contestant will represent and warrant the artwork entered into the IAYMH Mental Health: What's It To You? Contest 2013:

- is the Contestant's sole original work
- that they have the power to grant rights given under it; and
- that all information provided to IAYMH is true and correct and not misleading in any way.

In entering the Contest, the Contestant agrees that they will assign IAYMH the existing and future intellectual property rights in the use of the meme, so that the IAYMH may use the meme for social good at the conference and ongoingly via the website and other social media.

The IAYMH reserves the right to exclude entries which include

- hate speech of any kind, including racism, sexism, homophobia or transphobia
- views that are in other ways discriminatory or marginalising.