

## 2020 Youth Suicide Prevention Project

What does Suicide Prevention and Mental Health Mean to You?

Comprehensive Healthcare's Foundation is partnering with U.S. Bank and other community partners to donate a minimum of \$15,000 to classrooms within our communities located in the South Central Washington area. We are inviting youth in grades six to nine to participate in an art contest to win at least \$5,000 for their classroom to help with technology, supplies and other needs that have arisen during this unique and challenging school year. Contestants can submit an original video, art piece, or essay that expresses what suicide prevention and mental health means to them, and one winner will be selected from each category.

The COVID-19 pandemic has impacted how we go to school, how we learn, how we communicate with family and friends, and even the way we express ourselves. During this September - Suicide Prevention Month, we invite you to participate in this contest, and in doing so, start important conversations about mental health.

There are many things we can do to help prevent suicide. They include:

- Learning about the risks of suicide: Depression, substance use problems, experiencing death of a family member or loved one, financial problems, relationship problems, issues at school.
- Learning about the warning signs that someone may be thinking of killing themselves: threats to hurt themselves or others, talks about suicide or has made a plan, communicates that they wish to die, feeling anxious, depressed, hopeless, or not sleeping, or abusing substances.
- If you believe your friend or family member express thoughts of harming themselves, ask them "are you thinking about killing yourself" or "are you thinking about suicide?", listen to their problem and show them you care, refer them to a trusted adult or behavioral health services.
- Become familiar with local resources to call such as Comprehensive Healthcare and their crisis services. You can also reach out to your primary care doctor, a family member you trust, or your church or faith community for support.
- Save the crisis line phone number in your phone. (800) 572-8122.

It is also important to encourage everyone to show kindness to one another and to ourselves when we are experiencing emotional hardship.

Join us in raising awareness of how to prevent suicide by building relationships, strengthening communities, and expressing and celebrating our mental health and wellness!

To register, simply fill out the forms below and submit them along with your artwork, essay, or video to [foundation@comphc.org](mailto:foundation@comphc.org) by September 30, 2020. You can also submit your registration form and item by mail to 402 S 4<sup>th</sup> Ave., Yakima WA 98902.

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### Contest Guidelines

- Your art, essay, or video project can be in any language.
- This project is about creating a safe space for us to express our emotions, and in doing so we must avoid messages of hate or negativity toward any specific individual, race, culture, gender or sexual orientation. Messages of this nature will not be considered for entry. Celebrations of our differences, however, are encouraged!
- Submissions can be made in the following manner:
  - Delivered to any Comprehensive Healthcare location before September 30, 2020.
  - Mailed to Comprehensive Healthcare (402 S 4<sup>th</sup> Ave., Yakima WA 98902) and post marked before September 30, 2020.
  - Emailed to [foundation@comphc.org](mailto:foundation@comphc.org) on or before September 30, 2020. This is the best option for links to videos, graphic design artwork, or essays.
- Videos must be at least 30 seconds in length, and be placed on YouTube (unlisted or private links are acceptable). Videos with inappropriate language such as swearing, or behaviors that are unsafe or inappropriate will not be considered.
- Essays must be at least 300 words in length.
- Acceptable artwork may include but is not limited to mediums such as sketching or drawing, painting, sculpture, chalk (or photograph of sidewalk chalk art), carving, or graphic design.
- Students, as you create your form of artwork, emotions may arise, and we encourage you to talk to someone if you are feeling sad, lonely, or are having thoughts of harming yourself. These are some of the individuals you can talk to:
  - Parents
  - Family members such as a grandparent, aunt, or uncle
  - Teacher or school counselor
  - Youth pastor

National Suicide Prevention Lifeline: (800) 273-8255

Local Crisis Line: (800) 572-8122

**Registration Form**

1. Name: \_\_\_\_\_ 2. Grade: \_\_\_\_\_

3. School: \_\_\_\_\_

4. Teacher and class: \_\_\_\_\_

5. If you were to win this contest, how would you use the money?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you give Comprehensive Healthcare permission to publish your artwork publicly on our website, social media, or release to local media?

- Yes
- No

If you are selected winner, do you permit Comprehensive Healthcare to use your name and school name when announcing the winner of this contest?

- Yes
- Yes, but only my first name
- Yes, but only my initials
- Yes, but only my school name
- No

\_\_\_\_\_  
Contestant signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date

\*required