



Youth Suicide Prevention Art Contest

ksphq.org/Art-Contest

Every young person deserves to be safe from suicide, and the Kansas Partners in Empowering Youth for Suicide Prevention believes that the best way to reach every youth in Kansas is to provide opportunities for youth to talk to other youth.

This is your opportunity to help state agencies shape suicide prevention messages that will go out to youth across the state! The goal is to raise awareness of the possibility of hope and healing while working to provide enough support to Kansas youth so that no one ever walks alone in crisis.

Submission Guidelines and Rules:

- When submitting your work, please adhere to the following guidelines:
 - All entries should be original creations and should not contain anything that is copyrighted
 - Submissions must be from youth in grades 6-12
 - Essays should be limited to no more than 1 page
 - Please submit essays in PNG, PDF, or JPEG formats
 - Original video / audio recordings should be no longer than 3 minutes
 - Please submit files in MP3 or MP4 formats
 - All artwork submissions must include a link to one of these suicide prevention resources:
 - Call or Text **988** - The new number for the National Suicide Prevention Lifeline
 - Crisis Text Line; **Text “Kansas” to 741 741**
 - Local Resources: (optional)
 - Find the local NAMI Chapter for your area
 - Find your local Community Mental Healthcare Center
 - Electronic art submissions should be submitted by 9:59 PM, September 30th, 2022, along with the photo release form. Submissions can be entered through the form at the bottom of the page.

What Kind of Art Can I Submit?

- Submissions can include pictures of physical art, digital art, short videos, posters, drawings, and paintings; Essentially, send us anything we can use for suicide prevention!
- Submissions must be from youth in grades 6-12
- The messages from the art should build up ideas of hope and resilience
- Submissions **MUST** include information on the National Suicide Prevention Lifeline and the Crisis Text Line; local resources are also encouraged but not required
- Electronic art submissions should be submitted by **9:59 PM, September 30th, 2022**, along with the photo release form. Submissions can be entered through the form at the bottom of the page.



How Will My Artwork Be Used?

- All art submissions will be available for viewing by the public in an online gallery
- Selected art submissions may be used by Kansas State agencies for the creation or advancement of suicide prevention messaging campaigns. In other words, we may use your art pieces to help spread suicide awareness!
- KSPHQ also loves sharing our art contest submissions on Facebook and Instagram (@KSPHQ)

Kansas Partners In Empowering Youth for Suicide Prevention reminds all participants that a key goal of this project is to reduce stigma around mental illness and experiencing thoughts of suicide. Preventing suicide is a community effort that becomes possible when there are many people working towards the same goal.

As such, please consider the following recommendations:

- Refrain from graphic descriptions of suicide (how, when, and/or where)
- If you choose to share personal experience, consider if you are able to do so without causing yourself stress or sharing things you aren't ready for the public to know.
- Use the resource pages provided at ksphq.org/Art-Contest for more info on suicide prevention and mental illness, suicide prevention data, warning signs of suicide, and how to help someone who might be considering suicide.

Prizes

- Three prizes will be awarded in each age group for a total of nine top prizes. The age groups are 6th and 7th grades, 8th and 9th grades, and 10th - 12th grades. The first 100 submissions will receive a participation packet which includes a frameable certificate of participation, a letter from a state official, and a swag bag.