

Shine a **Light** on Mental Health

Student Voices Submissions 2021

Our Minds Matter (OMM) is seeking stories from students about their personal experience with mental health and their journeys of being a part of a movement focused on suicide prevention and teen wellness.

If selected, the student voices will be featured at the OMM-hosted community event, **A Not So Silent Night on Thursday, December 9th in Washington, DC from 7-9 p.m.** The event will be filled with stories of teens transforming their school culture around mental health.

The student(s) of the selected submission will have the opportunity to share their story in front of 100+ event attendees (in-person and online). This is a great opportunity to practice public speaking and share on college applications/resume!



Instructions to be considered:

- Written submission of 2-5 pages detailing the following:
 - Name, grade, school, timeframe involved in OMM
 - Personal experience with mental health (could also be personal experience of having a friend/loved one deal with mental health issues)
 - How being involved in Our Minds Matter has impacted you personally as well as your peers/school community (especially during the pandemic)
 - What you hope for the future of mental health
- Email story to laurabeth@ourmindsmatter.org with the subject line: Student Voices Submissions 2021 by Sunday, November 14th, 2021
- The selected student(s) will be notified no later than Monday, November 15th.
- Student(s) of selected submissions should be available to attend the event on the evening of Thursday, December 9th from 7-9pm in Washington, DC and be prepared to share their story in front of 100+ guests.
 - Should the student of the winning submission be from outside the DC area, travel accommodations and reimbursements will be provided.
- The student will be provided with a complimentary ticket to the event along with two other complimentary tickets for a family member(s) and/or friend(s).
- Selected student(s) will receive \$500 in their school's club bank for mental health campaigns

****CDC guidelines will be followed / Proof of vaccination required for entry****

Additional Questions?

Reach out to laurabeth@ourmindsmatter.org