



### Important Dates for 2021:

Competition opens: 26 April

Competition closes: 23 July

Winners notified: End of August

## Details for Students

Caring for our mental health is an important part of life. Many of us experience common conditions like anxiety and depression every day. Some mental health conditions can be managed by an individual, while others may need to be supported by health care professionals who provide specialist care. With proper treatment and support, it is possible to maintain or return to good mental health.

### 1. Introduction

The Mercy Foundation Youth Awards is a competition open to high school students across Australia from Years 7 – 12. The competition will encourage you to learn more about social justice issues. This year the focus is mental health.

### 2. Competition Details

The theme for 2021 is **living life to the full: building and maintaining good mental health**. Your challenge is to

- 1) Create a visual representation, like a cartoon, artwork, collage or photo, that shows the everyday things that you can do to live life to the full and help build and maintain good mental health. Take a photo of your creation and upload it with your entry form (NB no faces in your photo).
- 2) Each entry must include a written paragraph (no longer than 100 words) that explains your photo (ie the everyday things you do to care for your mental health).
- 3) **AND** fill out the **Mental Health** quiz on the online entry form.

Visit our website [www.mercyfoundation.com.au](http://www.mercyfoundation.com.au) for the entry form and to learn more about mental health.

### 3. Important Notes:

- ✓ Only one entry per person
- ✓ An entrant is an individual student
- ✗ **Strictly no faces to feature in the image**
- ✗ No brand names or logos

## 4. Judging

The judging committee comprises staff and Board members of the Mercy Foundation and a special guest judge. Entries will be assessed according to the accuracy of quiz answers and the content, creativity, originality, effort and quality of both the photo and written content.

## 5. Entries

1. Your entry must consist of a photograph uploaded with the online entry form.
2. The online entry form is available on our website [www.mercyfoundation.com.au](http://www.mercyfoundation.com.au).
3. Your photograph should be a maximum of 2MB and in the format of a JPEG, GIF or PNG. JPEG is the preferred format. A PDF will also be accepted.
4. Save your photo using your name and school e.g. *SmithH\_SydneyHigh.jpeg*
5. If for any reason you are unable to use our online entry form, please contact us by email [youthawards@mercyfoundation.com.au](mailto:youthawards@mercyfoundation.com.au) or call 02 9911 7390.
6. By submitting an entry, you acknowledge that you have read and accepted the Terms and Conditions for the Mercy Foundation Youth Awards 2021. The Terms and Conditions are available on our website [www.mercyfoundation.com.au](http://www.mercyfoundation.com.au)
7. The photo and entry must be your own original work created for the competition.
8. The Mercy Foundation will acknowledge all entries received. It is your responsibility to ensure that we have received your entry.
9. Photographs may be exhibited at a public event later this year. More information will be provided closer to the event.

For more information, please call the Mercy Foundation on 02 9911 7390 or email [youthawards@mercyfoundation.com.au](mailto:youthawards@mercyfoundation.com.au)

## PRIZES

**1<sup>st</sup> Prize:** \$700 to the winning entrant AND \$700 to the winning school

**2<sup>nd</sup> Prize:** \$350 to the winning entrant AND \$350 to the winning school

**3<sup>rd</sup> Prize:** \$200 to the winning entrant AND \$200 to the winning school

**\$50 vouchers** will be awarded to 10 highly commended entries AND **\$250** will be awarded to the school that submits the most entries

Schools are requested to spend their money on social justice resources and/or activities to promote social justice in your school and/or a charity addressing social justice issues in Australia.

Note that more than one winner may be awarded in each place. If this is the case, the prize money will be shared between the winning entrants and the winning schools.

The total Prize pool is \$3,250.