

# BE SUPPORTED, SEEN, HEARD, & UNDERSTOOD



## YOUTH VIDEO CONTEST

**Who can participate?** Anyone 24 years old or younger that lives in Clark County, Nevada.

**What do I have to do to enter?** Create a short video, by yourself or with friends, to show how you can help youth feel *supported, seen, heard, and understood*. Make sure to read all contest rules before creating and submitting your video!

**Content Suggestions:** All videos must focus on and promote positive mental health. This may include any of the following:

- Positive coping strategies
- How to build meaningful connections
- Activities to help support mental wellness
- Stopping bullying while ending prejudice and discrimination
- Fostering acceptance of mental health challenges
- Making mental health part of the conversation at home/school
- How the words you use impacts youth mental health
- Encourage behavior changes that ends stigma, provides support, and advocates for equal care.

**What do I get if I win?** A cash prize will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners! Additional prizes will be announced in early 2023.



### **DEADLINE:**

**Friday, 2/24/2023  
By 11:59pm**

### **HOW TO SUBMIT:**

**Eligible participants may submit their video by going to [bit.ly/CCCMHC-2023Contest](https://bit.ly/CCCMHC-2023Contest)**

### **RULES:**

**To view complete contest rules and tips for a winning video, visit [www.cccmhc.org/video-contest](http://www.cccmhc.org/video-contest)**

### **QUESTIONS?**

#### **Contact**

**M. Amaris Knight:  
[m.amaris.knight@unlv.edu](mailto:m.amaris.knight@unlv.edu)**

**CLARK COUNTY  
CHILDREN'S MENTAL  
HEALTH CONSORTIUM**



**[WWW.CCCMHC.ORG](http://WWW.CCCMHC.ORG)**