

Your story matters. Share it!

Calling all young people ages 11-18 who are passionate about promoting mental health and well-being!

The #CreateConnectCare Challenge is your chance to use your creativity to challenge stigma, connect with others, and promote self-care. Share your story through art, music, film, writing, and more!



Creative Mediums:



Literary Arts: Short stories, essays, and poetry



Visual Arts: Drawing, painting, and photography



Performing Arts: Dance, theater, and music



Film/Video Arts: Short films, PSAs, and animation



Digital Arts: Graphic design, digital illustration, and memes

How To Participate:

1

Choose a Focus Area: Explore mental health resources and choose a focus area, such as awareness, stigma, connection, or self-care.

2

Create a Piece: Use literary arts, visual arts, performing arts, film/video arts, or digital arts to create an original work that expresses your ideas, emotions, and lived experiences.

3

Share: Submit your creative work to #CreateConnectCare.

**Deadline to submit is
March 31, 2026**

Awards & Recognition

Submitted work may be eligible for:



2026 Awards: 40 Awards available (\$100- \$500)



Certificate of Participation: Receive a digital certificate



Youth Gallery: Work may be featured in the Youth Gallery



Moleskine Journal: The first 500 students who submit will receive a Moleskine creativity journal (U.S. only)