

Empower students to champion mental health and share their stories!

The **#CreateConnectCare Challenge** invites students ages 11–18 to share creative expressions that explore care, connection, and self-expression. It's an opportunity to reduce stigma, uplift youth voices, and create an open space for honest conversations about mental health.

Why #CreateConnectCare?

Today's youth face numerous struggles that contribute to a rise in mental health issues. Through the power of creative expression, young people can make a positive change in mental health awareness and support.



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: Students explore mental health resources and choose a focus area, such as awareness, stigma, connection, or self-care.

2

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

3

Share: Students submit their 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)