

NHS leaders strengthen their school community through service, character, and care. Your voice matters — share it.

As a National Honor Society member, you lead with purpose. You support your peers, model integrity, and help create a school culture where everyone feels valued. The #CreateConnectCare Challenge is your opportunity to use your voice — through storytelling, creativity, and reflection — to support mental health, challenge stigma, and show what leadership looks like in action.

Create With Purpose

- Literary Arts — essays, reflections, poetry
- Visual Arts — posters, photography, illustration
- Digital Arts — graphics, social media campaigns, memes
- Film/Video — short films, PSAs, interviews
- Performance Arts — spoken word, music, theater

What matters most is your message — your honesty, your insight, your leadership.



“ One of the most unrecognized mental health issues in society is perfectionism. Perfectionism is often seen as a good thing, but in reality, the pressure of wanting to be perfect takes a toll on a person and causes one's self to be deemed not enough.

Karla - 16 ”

Why NHS Students Join



Lead with Purpose

Use your voice to spark conversations that matter and strengthen your school community.



Serve Your Community

Create work that raises awareness, reduces stigma, and helps peers feel seen and supported.



Join a Global Movement

Connect with young creators around the world who are using art to create change.



Demonstrate Character

Share honest stories, uplift others, and model empathy and integrity.

How To Participate: Deadline March 31, 2026

- 1 Choose a Focus Area:** Explore resources and choose a focus area, such as awareness, stigma, connection, or self-care.
- 2 Create a Piece:** Share their mental health stories through digital, visual, literary, performance, and film arts.
- 3 Share:** Submit their creative work to #CreateConnectCare by **March 31, 2026.**

- **40 Youth Awards:** Recognition grants of **\$100-\$500** and **3 Educator Champion Awards: \$500 each.**
- **Creativity Journals:** Moleskine Journals for the first 500 U.S. entries.
- **Certificate of Participation:** All participants receive a digital certificate.