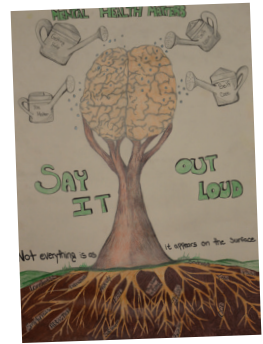
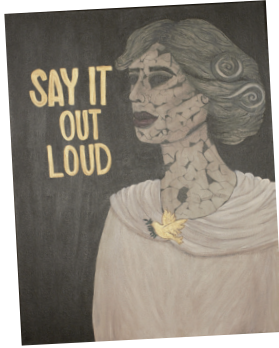


SAY IT OUT LOUD! ART CONTEST

Creating art of all forms is known to help express emotions, process thoughts, and experiences, foster self-discovery, and help find relief from suffering. By facilitating conversations about mental health through art, we want to support a dialogue around mental health, promote support and engagement, and break the silence.



GUIDELINES

The competition theme, *Say It Out Loud*, must appear in the work.

Participants must be age six or older and live in Grant, Iowa, or Lafayette County.

Accepted art media includes posters (pencil, oil, pastel, computer-generated made on paper, canvas, or another medium), original photography, sculpture, video, short essay, or poetry.

All participants receive a *Say It Out Loud* bracelet.

Entry form and artwork deadline are **May 31, 2024, at 4:30 pm**, delivered to Southwest Health Behavioral Services at 1450 Eastside Road in Platteville, Wisconsin.

Entry forms can be picked up at SBS in Platteville at the above address and are available online to print at southwesthealth.org/say-it-out-loud-art-contest.

All art will be retained and used by Southwest Health and not returned to the artist.

1ST PLACE



2ND PLACE



3RD PLACE



Winner will be determined by expert panel and will be notified by phone or email no later than June 21, 2024.

Please fill in the following and submit with your entry:

Name _____

Address _____

School (if applicable) _____

Phone _____ Email _____