

# 2023 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.

## Contest Prizes



## 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, 2023, at 4:30 pm, delivered to Southwest 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](https://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 - \$100 | 2ND Place - \$50 | 3RD Place - \$25**

All participants will receive a *Say it Out Loud* bracelet.

Winner will be determined by expert panel and will be notified by phone or email no later than June 9, 2023.

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**Please fill in the following and submit with your entry:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

School (if applicable): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_