



Allegany County  
HEALTH DEPARTMENT  
"Healthy People, Healthy Communities"

# 2024 MENTAL HEALTH MATTERS (MHM) POSTER CONTEST ENTRY FORM

## THEME:

“What Healthy Activity Helps You Cope with Stress?”



## Poster Contest Rules:

### ELIGIBILITY:

Any Allegany County student (K-12) may enter the contest.

### HOW TO ENTER:

Entries must be accompanied by an entry form and submitted to the Local Behavioral Health Authority (LBHA) at the Allegany County Health Department (12501 Willowbrook Road, Cumberland) or your school's office by **May 8th at 5:00 PM**. Posters will become the sole property of the Allegany County Health Department LBHA.

### SCHOOL OFFICIALS:

Please contact the LBHA for pickup arrangements at 301-759-5070. Pickup needs arranged by **May 9th at 5:00 PM**.

### CRITERIA:

1. The poster must address the theme: “What Healthy Activity Helps You Cope with Stress?”  
Examples: listening to music, playing outdoors, exercise, talking to someone
2. The poster must be at least 8.5 x 11 but no larger than 22 x 28 on cardstock, heavy paper, or poster board.
3. Computer generated posters entries will not be accepted.
4. The information on the poster must be spelled correctly.
5. Entries that include inappropriate language or symbols, violence, weapons, etc. will not be accepted.
6. One entry per student.
7. The poster must be the student's original artwork and can include pictures, symbols, and words. Be creative!
8. A completed entry form must be attached to the poster.
9. Student's first and last name, grade, and school must be included on **back** of the poster.
10. Do not add names or identifying information to the front of the poster. Entries will not be accepted for judging if they have names on the front of the submission.

### AWARDING PRIZES:

First Place: \$75  
Second Place: \$50  
Third Place: \$30

**There will be prizes awarded for each age group (Grades K-5 and 6-12).**

Winners of the poster contest will be selected via online voting through the Mental Health Matters website.

[www.alleganymhm.org](http://www.alleganymhm.org)

Voting will be open May 20-29, 2024 and the winners will be notified on May 30, 2024.

For questions, call 301-759-5070

## POSTER CONTEST ENTRY FORM

### “What Healthy Activity Helps You Cope with Stress?” Poster Contest 2024

Please print legibly and complete entire form

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Do you consent to your student’s submission to be on display during and after the Mental Health Matters walk? (circle one)      Yes      No

Do you consent to your student’s submission to be displayed on the Mental Health Matters Facebook Page and/or the Mental Health Matters webpage?

(circle one)    Yes      No

How did you hear about this Poster Contest? \_\_\_\_\_

**\*Please attach this page to your poster and submit to your school’s main office or:**

Local Behavioral Health Authority  
Allegany County Health Department  
12501 Willowbrook Road  
Cumberland, MD 21502  
301-759-5070



*Allegany County*  
**HEALTH DEPARTMENT**

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