



MENTAL HEALTH POSTER CONTEST!

Let's Talk Alameda!, the steering committee for this year's community-wide focus on youth mental health and suicide prevention, is sponsoring a poster contest for AUSD students in grades 4-12. Posters should illustrate the importance of:

- Knowing the signs of mental health issues
- Learning how to talk about mental health issues OR
- Becoming a helpful resource within the community

Winners will be announced in early December. The winning posters will be displayed in City Hall.

The deadline for posters is November 22, 2019 at 5 pm. Posters can be delivered to Susan Davis, % Alameda Unified School District, 2060 Challenger Drive, Alameda or emailed to sdavis@alamedaunified.org.

**4th-5th grade theme:
"Start Talking"**

**6th-8th grade theme:
"Know the Signs"**

**9th-12th grade theme:
"Be a Resource"**

**All students are
welcome to submit
an entry, and...**

**Students can submit
posters in any media!**

**Fact sheets on each
category available at:
www.letstalkalameda.org**