

Teen Mental Health Creative Writing Contest Guidelines for Submissions

Welcome! We are so glad you've decided to add your voice to the important conversation promoting mental health awareness for teenagers.

- Your entry can be **any** creative piece of writing, including **a fictional short story, a personal essay, a poem, music lyrics, or a letter/journal entry**
- Please respond to one of the following prompts:
 - 1) How has your Jewish identity or values influenced your personal mental health?
 - 2) Describe insights you've gained into your own mental health needs as you have responded to challenges related to October 7, the war in Gaza, or experiences of local antisemitism. How have you met these needs?
 - 3) In what ways have you become more resilient as a result of the Los Angeles wildfires?
 - 4) What mental health issue most concerns you and why? How can we best respond as a community?
- Consider including **personal examples** of how mental health awareness has influenced your life or relationships.
- **Respect the privacy of other people** you may reference in your writing.
- Judges are looking for **depth of thought and the potential impact** of your piece.
- Your submission should be **at least 1 page** and no more than **3 double-spaced pages**.

All submissions are DUE BY Sunday, April 27, 2025

Carolyn Hoffman, LCSW, Director of the Sinai Temple Mental Health Center
choffman@sinaitemple.org

Esther Rbibo, School Counselor at Sinai Akiba Academy
erbibo@sinaiakiba.org

Submissions will be read and evaluated by a Sinai Temple and Sinai Akiba Academy committee of teachers and licensed mental health professionals.

Prizes will be awarded separately to both Middle School and High School students.

- 1st Place: \$72 Gift Card
- 2nd Place: \$50 Gift Card
- 3rd Place: \$25 Gift Card
- Honorable Mentions will also be awarded
- Publication in the Sinai Temple Newsletter and other surprises!

Awards will be announced at a Teen Mental Health Lounge Night: Tuesday, May 29, at 7pm