

Win up to  
**\$1000**  
and make a difference



The Directing Change Film Contest is for young people ages 12 to 25 that want to combine creative expression with making a difference in their communities by creating stories about mental health, suicide prevention, and other topics that matter.

## ENTER FILM CONTEST

- Open to students in middle and high school, and young adults through age 25
- Free to participate
- Mini grants available to schools, clubs and organizations (up to \$1,500)
- Cash prizes for youth (up to \$1,000)

**Mental Health,  
Suicide Prevention &  
Substance Use Curriculum**

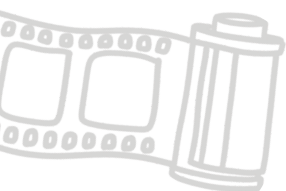


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## SUBMISSION CATEGORIES



■ SUICIDE PREVENTION

■ WALK IN OUR SHOES

■ MENTAL HEALTH

■ THROUGH THE LENS  
OF CULTURE

■ SUBSTANCE USE  
PREVENTION

*Films in English, Spanish, ASL, and all languages welcome!*

**The Hope & Justice  
Art & Film Contest**



Submissions accepted on a monthly basis in various art forms including film, music, visual art and more. Visit [hopeandjustice.art](http://hopeandjustice.art) for contest rules, prizes, and monthly prompts. All 60-second films submitted to Hope & Justice are automatically entered into the Directing Change Film Contest.

## OUTCOMES

**Submissions  
due: March 1**

Recognize warning signs for suicide and know how to get help for a friend or themselves.

Know the facts about mental health, substance use and healthy coping skills.

Have the confidence to stand up for others experiencing stigma or discrimination as a result of a mental health challenge.

Apply critical thinking to issues around equity and justice.

**Free lesson plans and educational materials available!**

# TO GET STARTED



## STEP 1:

### Select Adult Advisor



All youth participants need to have an adult advisor. An advisor can be anyone, a teacher, friend, parent, social worker, or other adult.

The adult advisor will need to register by creating an Advisor Profile.



## STEP 2:

### Create a Youth Profile

All youth must create a Youth Profile. As part of creating a profile they will have to submit a signed release form.

For youth under 18 years old, the release form must be signed by a parent/guardian.



## STEP 3:

### Submit an Entry

Before submitting an entry, all youth who worked on the project have to create a youth profile under the same advisor.

The last step is to upload the project to the Entry Form and submit!

If at any time you are experiencing an emotional crisis, are thinking about suicide, or are concerned for someone, call or text **988** to reach the **Suicide & Crisis Lifeline**.

This is a free 24-hour hotline.

# GET INVOLVED

The program is based on an evaluated curriculum and is free to schools, districts and community-based organizations.

It can be implemented in the classroom, by a club on campus, or as an after school activity.

**DirectingChangeCA.org**

Youth Creating Change is a non-profit organization (501 c3) dedicated to placing young people's voices and creativity at the center of suicide prevention and mental health programming. Our mission is to educate young people about mental health, suicide prevention, and other critical health and social justice issues through the creation of art and film projects to facilitate healing and belonging through creative expression and to support schools and communities through curriculums, trainings, and awareness activities in creating safe spaces where young people feel seen, heard, and supported in reaching out for help.



**YOUTH CREATING CHANGE**

Directing Change  
Program & Film Contest

