

Directing Change

Program and Film Contest



Directing Change is an evaluated program that engages youth to learn about mental health, suicide prevention and other critical health and social justice topics through film and art.

www.YMHC.DirectingChange.org

1 SUBMISSION CATEGORY



**Mental Health
Through the Lens of Culture**

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

Enter Film Contest

Films should tell a positive and educational story that encourages young people to reach out for support when they need it, show them how to support others, and explore mental health through the lens of their culture.

- Talk openly about mental health
- Stand up for others and be supportive
- Get the facts
- Don't wait to get help
- Films in English, French, Sign Language and other Languages welcome!

OUTCOMES

Submissions
due: April 1,
2021

Learn about
mental health
and how to get
help for a friend
or yourself.

Know what
resources
are available
to help.

Have the
confidence to
help a friend who
may be thinking
about suicide

Lesson plans and educational materials are available.

TO GET STARTED

Step 1: Review the contest rules and FAQ!

Step 2:

Visit the "For Schools" page for lesson plans and educational resources. Before proceeding with this contest in your school, or at your organization, be sure to review the protocol and procedures in place at your school or organization for addressing the needs of youth in an emotional crisis. Chapter 2 in the *Suicide Prevention: A Toolkit for Schools* (provided on the website) provides guidance on how to do this.

Step 3:

Review educational resources on mental health on the website. Participants will submit 60-second films on mental health and/or how they are staying well during the current pandemic. Example films and educational videos are available for viewing. It is recommended to review the judging criteria that films will be scored against!

Step 4:

Submit entry forms and upload films by April 1, 2021. Every entry needs to include signed release forms from every participants (cast and crew). Anyone under the age of 18 also needs to have the form signed by their parent or a legal guardian. *This way we can share films broadly, even on TV and in movie theatres to help prevention efforts across the nation!

If you, or someone you know, is in suicidal crisis or emotional distress help is just a text away. Text **TALK to 686 868** to connect with a crisis responder.

GET INVOLVED

The program is based on an evaluated curriculum and free to schools. It can be implemented in the classroom, by a club on campus, or as an after school activity.

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YMHC
Youth Mental Health Canada

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