WE RISE POETRY CONTEST

CALL FOR ENTRIES

DEADLINE MAY 1, 2019

In observance of Mental Health Awareness Month this May, the Los Angeles County Department of Mental Health is sponsoring the **WE RISE** Poetry Contest!

WE RISE (WeRise.LA) is part of a campaign to transform our mental health care system using art and community building to unite efforts to foster the empowerment of mental health and wellbeing as a civil right. This year's theme is about building connections to community and a life of purpose for a better future where everyone can be their best self. For more information about the **WHY WE RISE** campaign visit WhyWeRise.LA.

We are seeking creative, original poems that address mental health and mental wellbeing experienced by the writer, someone close to them or any related topic. Entries will be judged on poetic merit including evaluations of the poem's message, art and craft.

Youth (up to age 14), young adults (14-24) and adults are encouraged to participate. Prizes will be awarded to each group and awardees will be invited to a reception at the **We Rise 2019** event in May in Downtown Los Angeles. Judges will be comprised of poets and peers (individuals with lived experience with mental health conditions).

GUIDELINES

- Poems should express the experience of living with mental illness, supporting a family member or friend with mental illness or a related topic.
- Entries should be 400 words or fewer.
- Entries may be typed or legibly handwritten.
- You may submit more than one poem, but no more than 3 per person
- **The submission deadline is May 1, 2019.** All entries must be received on, or postmarked by, May 1, 2019.

SUBMISSIONS

To be considered, each entry should include the following:

- Name, age, address, phone number and e-mail address (if available). We will only contact you if your poem is chosen to request permission to post online. All entries will be reviewed with respect to privacy and winning entrants may ask that their work be posted anonymously.
- Please submit your poem by email, with your contact information, to pio@dmh.lacounty.gov , or send by postal mail to:

Los Angeles County Department of Mental Health
RE: Mental Health Month Poetry Contest
550 So. Vermont Ave, 12th Floor Executive Suite
Los Angeles, CA 90020

Please be sure to include your contact information with all submissions!

AWARDS

Prizes and certificates will be awarded to the poems selected as winners, and the top poems will be announced at We Rise 2019 in Downtown Los Angeles. With the author's permission, poems will also be posted on LACDMH, WeRise.LA, and WhyWeRise.LA websites.

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
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CalMHSA
California Mental Health Services Authority
Compassion. Action. Change.