

Calling All Young Maryland Artists!

ART POSTER CONTEST!

Children's
Mental
Health
Matters.org
A MARYLAND PUBLIC
AWARENESS CAMPAIGN

Contest Theme: “No Judgement, Just Help”

“No Judgement, Just Help” is more than our theme—it’s the mission of the 988 Suicide & Crisis Lifeline. This critical resource ensures no Marylander faces mental health challenges alone.

We’re asking Maryland students to illustrate this message of hope. The winning artwork will become the official 2026 Children’s Mental Health Matters Campaign poster, inspiring people statewide to reach out for support.

ARTWORK SPECIFICATIONS

Create original artwork that reflects the theme, “No Judgement, Just Help.” The art piece should encourage openness, challenge stigma, and inspire others to seek help when they need it.

Format:

- Square formatting, 14” x 14” preferred
- Background should be filled in and empty space kept to a minimum
- Two-dimensional artwork only

CONTEST RULES

- **The contest deadline is February 6, 2026.**
- One entry per student.
- Artists may collaborate on an art piece.
- Completed consent form must be included for each submitted piece of artwork.

Visit childrensmentalhealthmatters.org to learn more and submit your artwork!

