

Youth Mental Health Photo competition



I felt resilient when...

Healthwatch Cumberland are looking for photos taken by young people aged 11-25 to be included in our Youth Mental Health project, R.I.S.E.



Send us your photos

Prizes to be won!



Resilience
Inspiration
Self-worth
Empowerment

How to get involved



R.I.S.E stands for Resilience, Inspiration, Self-worth and Empowerment

We would love to see how you can reflect this in your photos.

1. Choose a letter from R.I.S.E and take a photo that you feel represents its meaning. For example, this could be an activity, a place or perhaps a pet.

Maybe you felt resilient when you went for a hike, or inspired when you listened to your favourite music. We would love to see it!

(Please DO NOT include anything identifiable in your photos, including your face)

2. Write a short quote explaining the photo and what it means to you.

3. Email your photo and quote to us to be in with a chance of winning:

info@healthwatchcumberland.co.uk

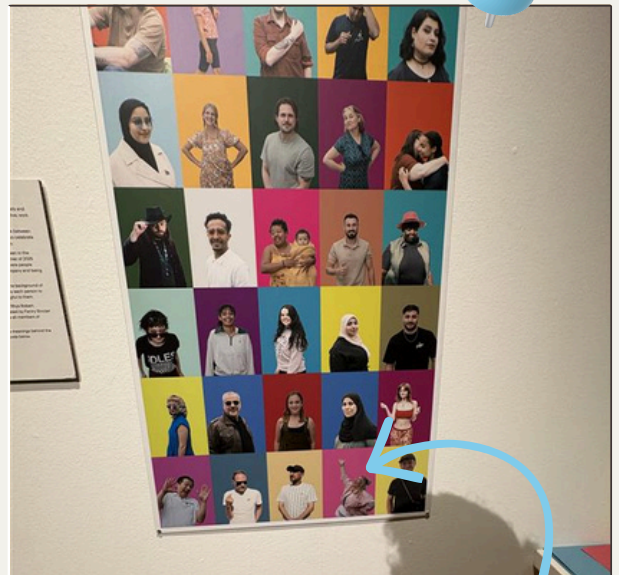
Feeling inspired?

"Hello, I'm Suzannah. I'm 23 and I work for Healthwatch Cumberland as a Communications and Admin Coordinator."



Seeing my cat makes me feel inspired to get up in the morning.

"These are my photos of what inspires me. What inspires you?"



I feel inspired by my co-worker and friend Chloe, who featured in Tullie museum's Colours exhibition.



I feel inspired when I get creative or look at other people's artwork.

What are the rules?

To keep the competition fair, and safe, and to make sure that your details are kept private, we ask that entrants follow these rules:

1. Please only take part if you are a young person aged 11-25. (Chat to care givers if under 18)

2. Please DO NOT include anything identifiable in the photos you send, including you're face.

3. Please DO NOT share any photos with us that are inappropriate.

By sharing your quote and photo with us, you are agreeing for both the quote and photo to be used in publications, including reports and leaflets, and on our website and/or social media.

The competition will end on 31st March.

**Enter now to be in with a chance of winning.
Prizes include £30 Waterstones voucher, £15 Lush voucher and a £5 Greggs voucher.**