

THE COUNTY OF SAN DIEGO HEALTH AND
HUMAN SERVICES AGENCY (HHS) INVITES
YOU(TH) TO PARTICIPATE IN THIS YEAR'S...

SCOOP FROM YOU(TH) CHALLENGE:

PIECE OF MIND

Art is a powerful way you can explore your emotions, increase self-esteem, promote emotional resilience, and contribute to your overall wellbeing.

For this reason, the 2025 *Scoop From You(th) Challenge: "Piece of Mind,"* invites **San Diego youth and young adults (ages 12-25)** to use art to...

- Share your personal experiences with mental health
- Help reduce stigma around mental health
- Build a supportive network
- Empower yourself and others to seek out support & resources

EXPRESS YOURSELF THROUGH...

Graphic Design, Painting, Illustration, Poetry, Short Story, Dance, Music, Performance, Film, Photography, and/or Animation

EXTENDED Deadline to Submit: November 21, 2025
through LiveWellSD.org/ScoopFromYouth

CHALLENGE INFORMATION:

Visit LiveWellSD.org/ScoopFromYouth to learn more and get started!

HAVE QUESTIONS?

Contact the *Scoop From You(th)* Team at Engage.BHS@sdcounty.ca.gov

#GetTheScoop #YouthChallengeSD #SFYCPieceOfMind



SCOOP FROM YOU(TH) CHALLENGE: PIECE OF MIND

HOW CAN I PARTICIPATE?

You can submit up to 3 entries (1 per category) for a chance to win up to **\$900**. Submissions will be judged on appeal, originality, creativity, message, and inspiration.

SELF-CARE SPOTLIGHT

Create an art piece that highlights **one fact** about youth mental health and a related **self-care tip**.

Submissions should:

- Inspire peers to take care of their mental wellbeing
- Teach peers about new self-care strategies

NORMALIZE THE NARRATIVE

Create an art piece that **encourages conversations** about youth mental health.

Submissions should:

- Highlight how friends and family can support each other
- Focus on the importance of learning about mental health topics

MENTAL HEALTH FROM MY LENS

Create an art piece that **shares a personal story** about mental health.

Submissions should:

- Encourage others to speak out about their experiences
- Advocate for mental health support or resources

Check out the **Requirements & Submission Checklist** to learn more about how you can participate!

WHAT CAN I WIN?

GRAND PRIZE	1 WINNER Countywide	\$900
AREA OF SAN DIEGO COUNTY	6 WINNERS Central, East, North Central, North Coastal, North Inland, South	\$300



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