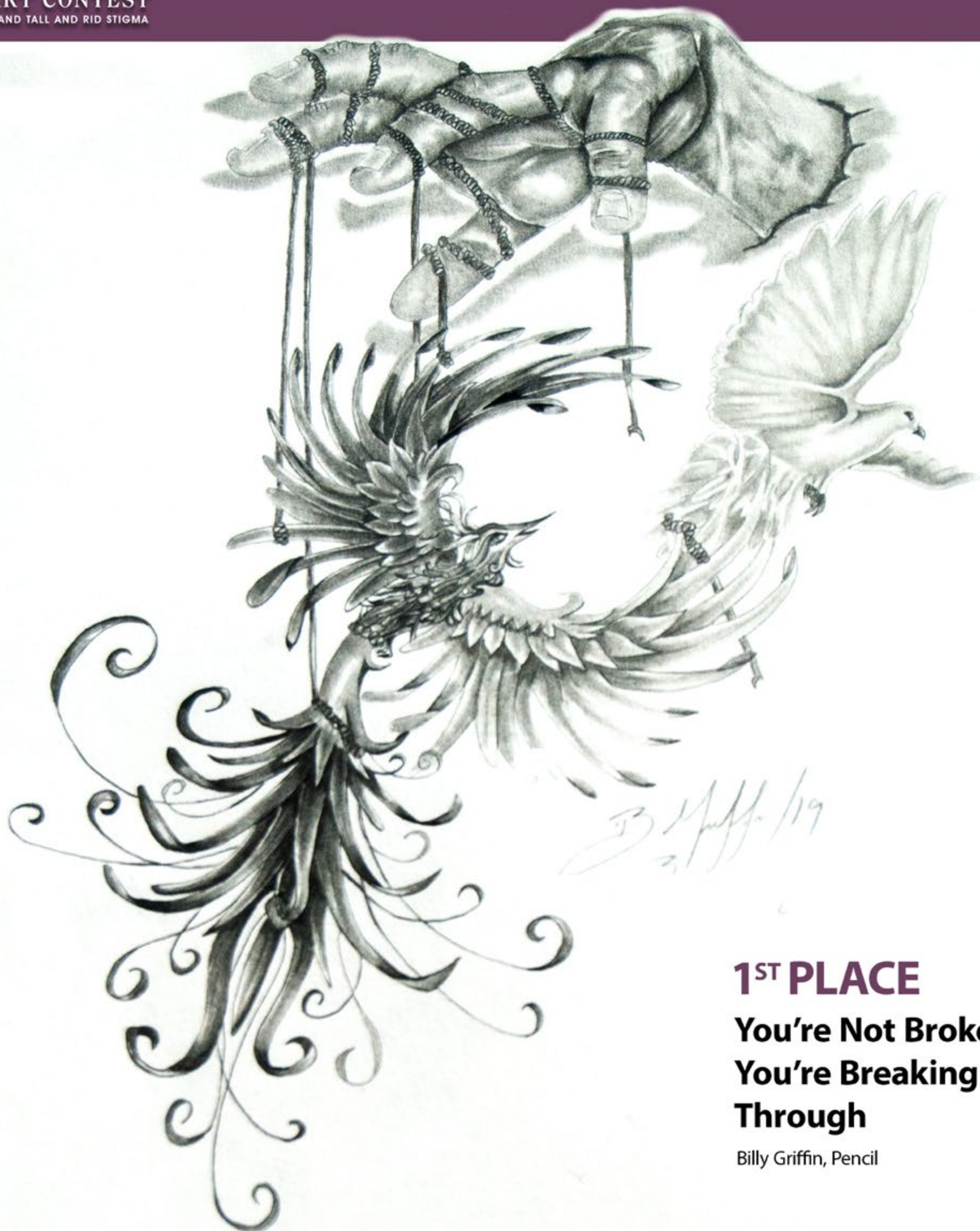


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IN SUPPORT OF

S.T.A.R.S.  
ART CONTEST  
STAND TALL AND RID STIGMA

# MENTAL ILLNESS AWARENESS WEEK



**1<sup>ST</sup> PLACE**

**You're Not Broken,  
You're Breaking  
Through**

Billy Griffin, Pencil

*I want people to know the meaning of this piece of art and what it means to me. The meaning of this picture is that mental health is not something mythical or make believe. Mental illness is very real and should be taken seriously. However, it does not have to control our lives. We can break through the imprisonment of mental illness and be the real us that we want to be. People should not let mental health define who they are or let it hold them back. The chains can be broken. People can be free to live their lives they way they want and be who they want. People living with mental illness are still people and should not be looked at differently or judged.*

Mental Health and Addiction Services Regional Triage: 1-844-353-3330

CHANNAL WarmLine: 1-855-753-2560 | Canadian Mental Health Association-NL: 1-855-489-3302

Bridge the Gapp: [www.bridgethegapp.ca](http://www.bridgethegapp.ca) | Newfoundland and Labrador Healthline: 811

Provincial Mental Health Crisis Line: 1-888-737-4668 | Provincial Gambling Line: 1-888-899-4357



Central  
Health



**2<sup>ND</sup> PLACE**  
**Reaching Out**

Anonymous, Digital Photo

*Mental health campaigns often ask people to 'reach out', to 'ask for help' or 'to talk to someone'. But how do we ask for help and what does 'reaching out' even mean? How can we 'tell someone' when at times, we do not even understand it ourselves? When we feel exhausted and at our most vulnerable, the pressure to advocate for ourselves can be too much. It can also feel difficult to ask someone else if they are okay. We fear that we will offend them or that it is not our place. We think someone else will do it or we may feel that we will make things feel awkward. While there is a possibility that your concern is unwarranted, I am confident that saying something is preferable to not saying something that you wish later you had. Your show of concern may be the turning point for them. You can help them to realize that they need a break or that it is time to get help. It may even save their life.*

*I encourage anyone struggling with mental health issues to ask for help. I also ask anyone who suspects that a person is not okay to check-in with them.*

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Central  
Health

*A friend came to me with the entry form for this contest. They knew that I had struggled with stuff too. Art is a good way to cope and express yourself. It helps to take your mind off things you may be struggling with. Look for support in your community such as public health, talk to your doctor, be on the look out for cards with helplines, and local mental health and addiction services. local MHAS offices.*



Anonymous, Acrylic on Canvas

