

# Mental Health

## Awareness

## Contest

### Requirements:

- ♥ MUST be creative!  
(Avoid stereotypes)
- ♥ Well researched  
(included facts into art)
- ♥ Colourful!  
(make it interesting to look at)

- Use #Echorasieawareness -

### Recommendation

- ♥ Use commonly misunderstood disorders
- ♥ if comfortable use personal experiences
- ♥ ASK QUESTIONS!  
if you have any

### Prizes!

1st: fullbody drawing  
on Procreate!

2nd: fullbody drawing on notability  
or half body on procreate!

3rd: half body on notability  
or bust shot on Procreate