

CHANGE THE VIEW. YOUR VIDEO COULD WIN \$1,500!



Take action! Make a video that shows how we can all take the stigma out of kids' mental health issues like stress, depression, eating disorders, ADHD, bullying and psychosis. How do we prevent the desperation that could lead to social withdrawal and even suicide? How can we help our friends instead of turning our backs on them? **YOU TELL US!**

Enter by April 10, 2014

- Check out all the videos on CMHO's YouTube channel. www.youtube.com/changetheview14
- Prizes will be awarded for 1st, 2nd and 3rd place.

The nitpicky details

- 2 minute max
- no professional assistance
- no copyrighted music or images
- no profanity or offensive content *including methods of suicide or self-harm*
- entrant cannot be an employee of a CMHO member centre



Children's Mental Health Ontario
Santé mentale pour enfants Ontario

Go to www.kidsmentalhealth.ca for full details
or contact changetheview2014@cmho.org for any other questions.