

# SEPTEMBER IS NATIONAL SUICIDE PREVENTION AWARENESS MONTH

Suicide deaths and attempts are an epidemic in Montana. The state's youth suicide rates are nearly double the national average, and Montana has ranked in the top five for suicide rates in the nation for the past forty years.

Source: [www.natechutefoundation.org/suicide-montana.html](http://www.natechutefoundation.org/suicide-montana.html)

## \$10,000 IN SCHOLARSHIPS

will be awarded across four categories: written, video, visual, and judge's choice

### THEME:

Much like the protective masks we wear on our faces today due to COVID-19, many are wearing invisible masks to protect themselves from judgment of mental health struggles. Help us increase connection by sharing your story to those around the state who may be battling mental health challenges. Through your stories we can build hope.

**SUBMISSION GUIDELINES:** To be eligible, all participants must be between the ages of 13 and 18, enrolled in a public school, private school, or home school in Montana

- **Written** - Write your message in a 500 word or less essay
- **Video** - Share your message with us in a three minute or less video in an mp4 format
- **Visual** - Show us your message through the artistic medium of your choosing (e.g., sculpture, painting, drawing)

**NOTE:** For visual entries, please contact Alana Listoe at (406) 444-7561

### DEADLINE:

All entries must be submitted to [www.shodair.org](http://www.shodair.org)  
by 11:59 p.m. MDT on Tuesday, September 15, 2020

Scholarship winners will be announced Sunday, September 27, 2020

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