



STUDENT VOICES: CALL FOR VIDEOS

Mental Health America, in partnership with BetterMynd, is launching our Student Voices project to help reduce the stigma around mental health issues and encourage college students who are struggling to seek help for their mental health. The project will feature videos from current and recently-graduated college students who will share their stories about dealing with mental health issues while in school and what helped them to get their health and academic performance back on track.

We are seeking video submissions to feature in the initial launch of the Student Voices project, which is anticipated for late September 2018.

Video Criteria:

Length: Videos should be no longer than 2 ½ minutes

Format: Any video format that is compatible with upload to YouTube is acceptable. MP4 is preferred.

Content:

- Current or recently-graduated college students should start the video with a brief introduction that includes their first name, college or university that they are attending/attended, and the type of mental health issue they have experiences.
- The introduction should be followed by answers to one or more of the following questions below (keeping in mind the video should be no more than 2 ½ minutes long).
 - How did you first know you were suffering?
 - At what point did you know you needed to get help and what kind of help did you get?
 - How can people be supportive to friends who are struggling with their mental health?
 - What advice would you give to someone else going through a problem similar to yours?

Submission Instructions:

Videos should be uploaded to the Dropbox folder at <http://bit.ly/LoCStudentVoices> by Friday, September 28, 2018 and an email should be sent to Danielle Fritze at dfritze@mentalhealthamerica.net with the name of the file submitted, along with the submitter's email address and phone number.

Individuals whose videos are selected for the initial launch of the Student Voices project will be notified via email by Friday, October 19, 2018.

Questions?

Contact Danielle Fritze at dfritze@mentalhealthamerica.net.