2018 Mental Health Awareness Art Display

Idaho Federation of Families

7th Annual Statewide Poster Contest

Theme: My Voice Matters

stigma*free*

Idaho

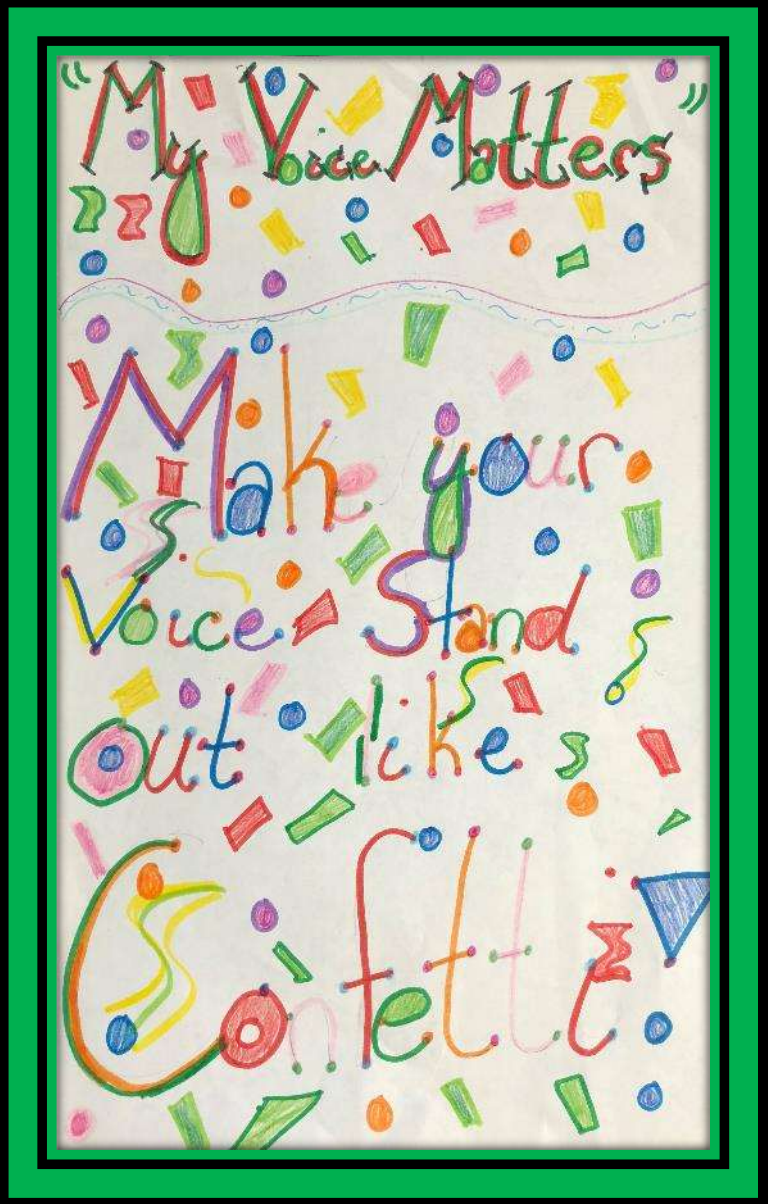
MY Voice
Matters
No Matter
How I
Express
It.

My Voice Matters

masuala ya Sauti yangu.

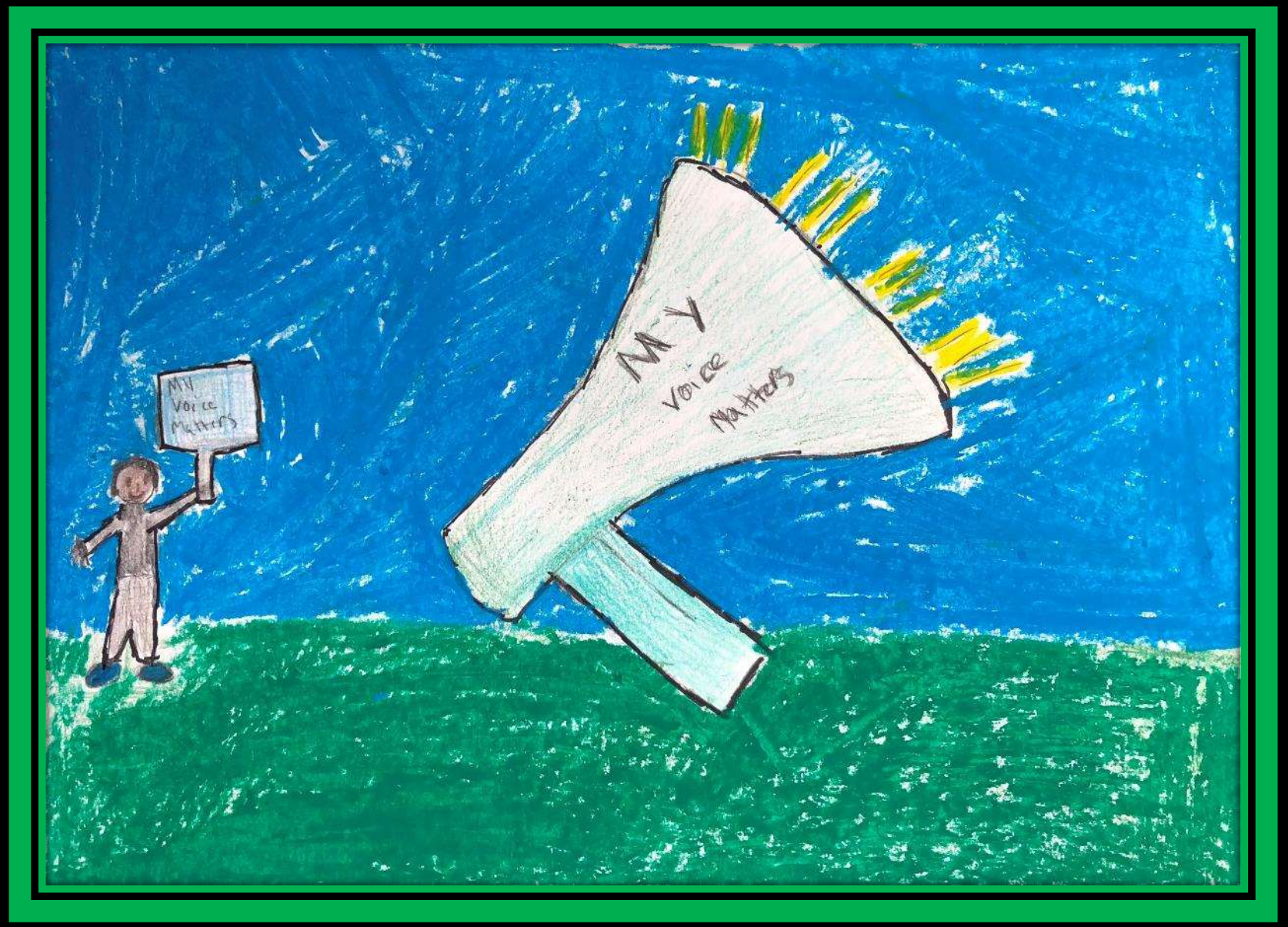
我的声音很重要

मरी आवाज़ मायने रखती है


"My Voice Matters"
Make your Voice Stand out like Confetti

My voice matters

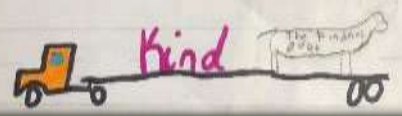
Hi!

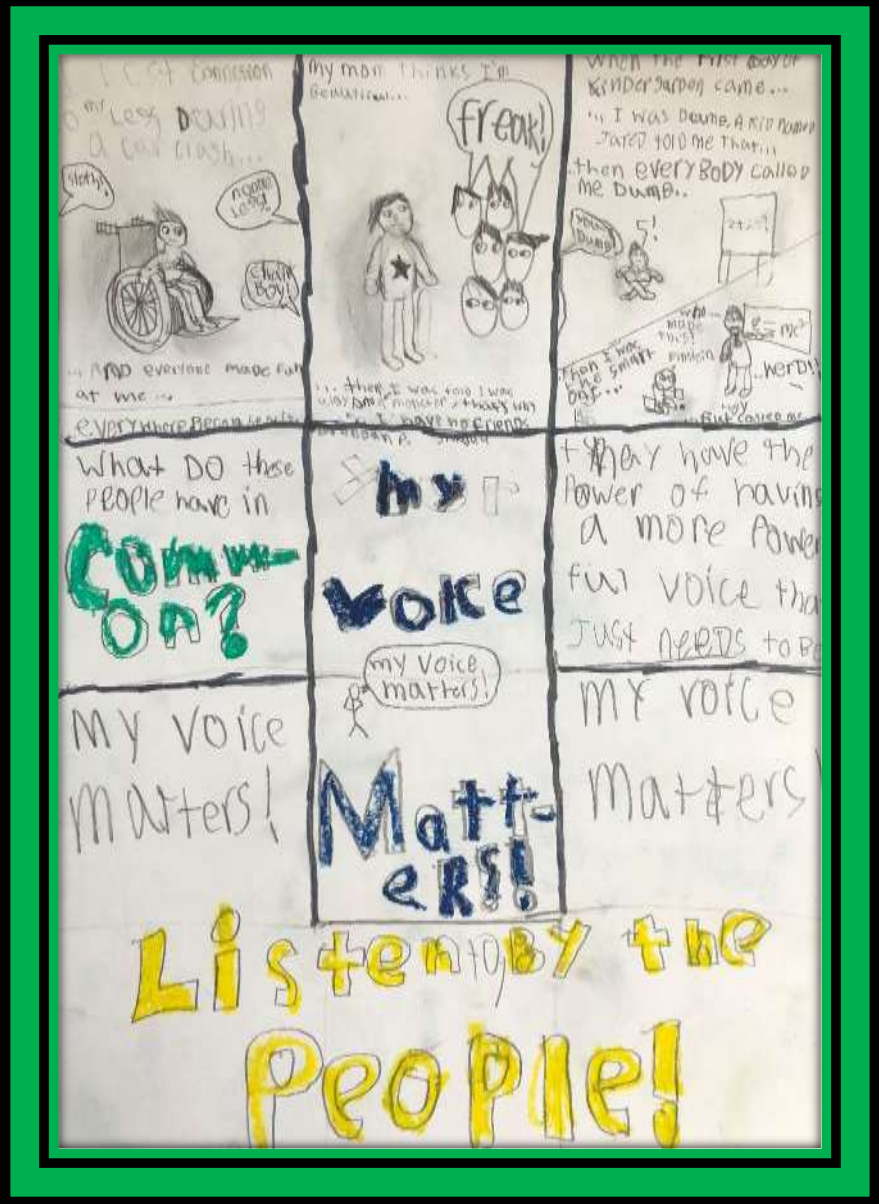

My
Voice
Matters
MY
Voice
Matters

My Voice Matters

Do what you love

Don't be afraid to tell people how you feel




freak!
What DO these people have in
Comm-on?
my voice
my voice matters!
My voice matters!
Matt-ers!
my voice matters
Listen to By the People!

Even If I'm
Nothing To You,
My
Voice
Matters

LOVE
XOXO
XOXO
LOVE
XOXO
LOVE
LOVE
Love your family before you lose them. You will have nothing left.

MY VOIC
MATTERS

Among all children

6.8%

Have attention deficit and hyperactivity disorder.

1.1%
Have autism spectrum disorder

0.2%
Have touretion Syndrome

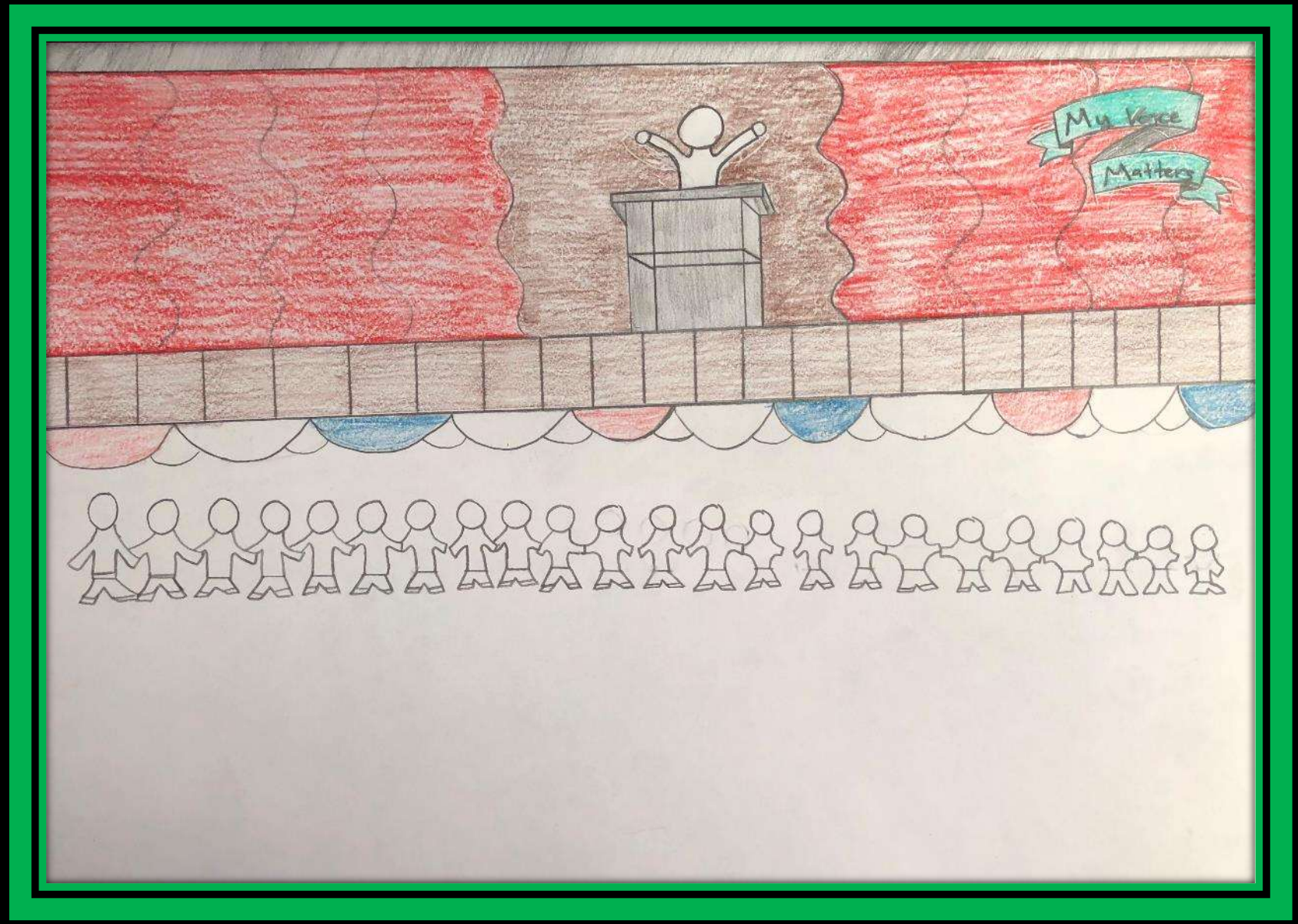
3%
Have depression

3.5%

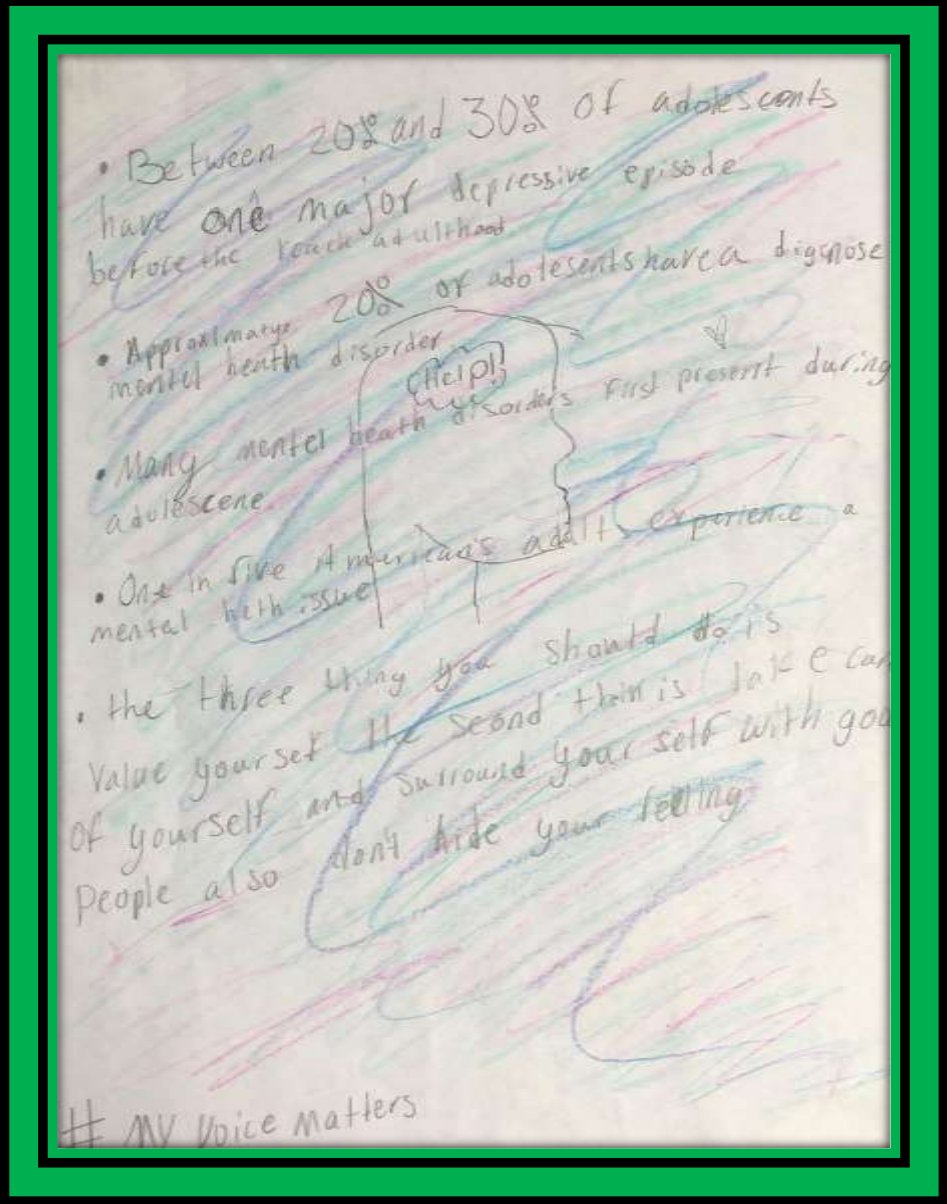
Have oppositional defiance disorder and conduct disorder

2.1%

Have anxiety disorder


My Voice
Matters

My Voice
Matters



• Between 20% and 30% of adolescents have one major depressive episode before the reach at ulthood

• Approximatye 20% of adolesents have a dignose mentel heath disorder

Help!

• Many mentel heath disorders first present during adolescene

• One in five Americans adults experience a mental heth issue

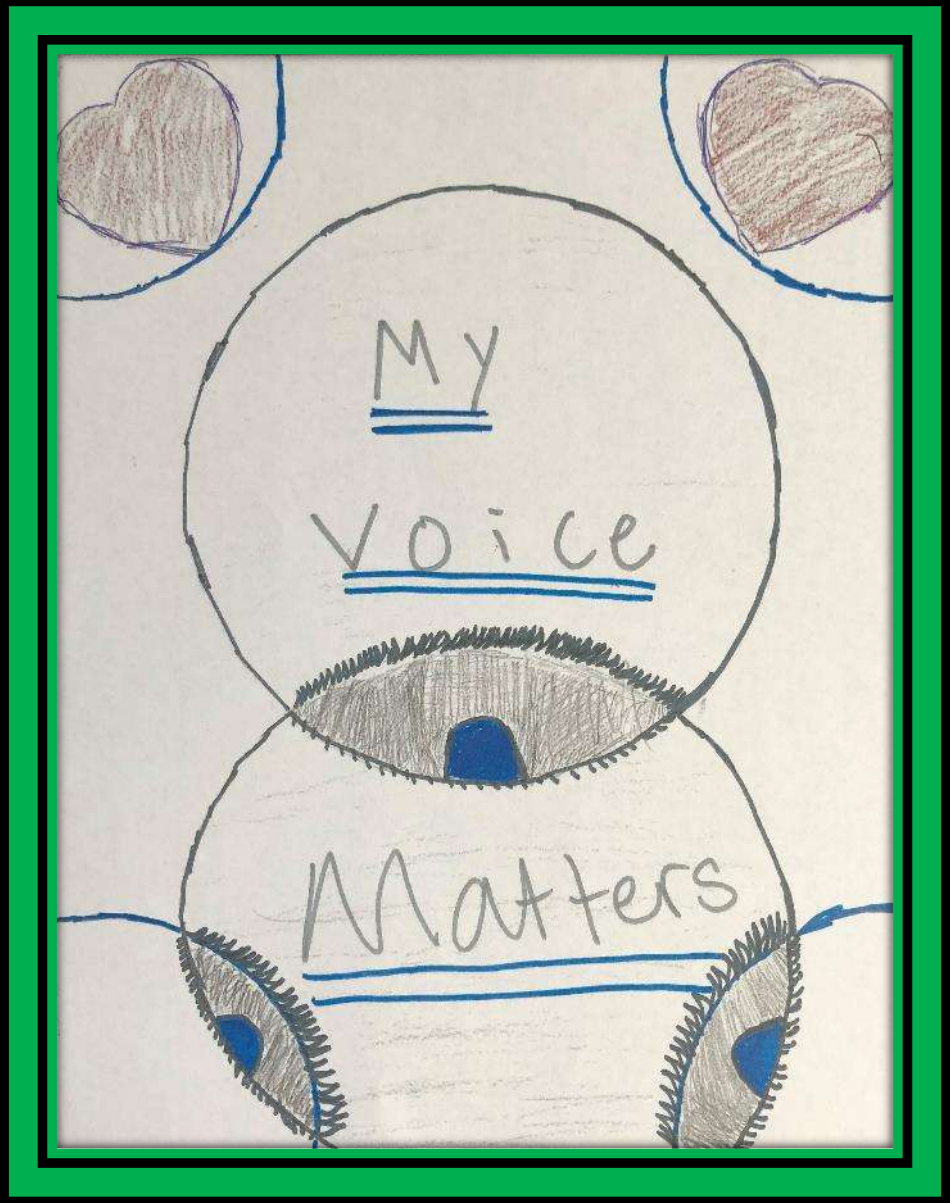
• the three thing you should do is value yourset the seond thin is take can of yourself and surround your self with gou people also don't hide your feeling

MV Voice matters

MY
VOICE
MATTERS

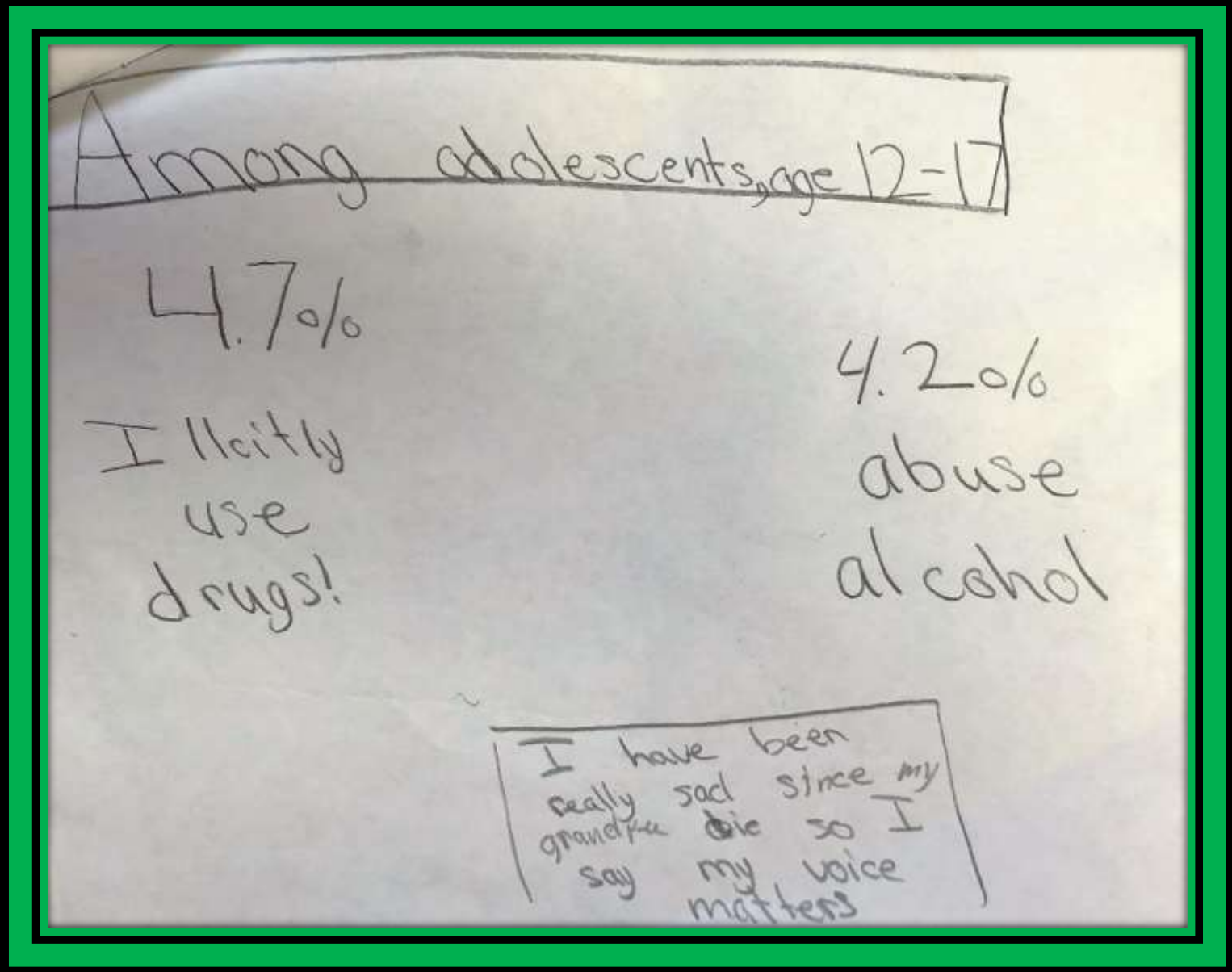
you are...
Beautiful
Nice
Unice
A sky full of stars
Awesome
A child of God
Brave
MY VOICE MATTERS
my hart
creative!
a star in the darkest moments!
49
MY VOICE MATTERS
my sky
MY VOICE MATTERS
my friend
my blossem
my voice when I can't Talk
Strong
Kind
Laly
Colorful!!
a mouth full of Beauty
my sunshine
my light in the Dark
With me
Important!
my life
Bright
my BFL
mind ful
The world to me

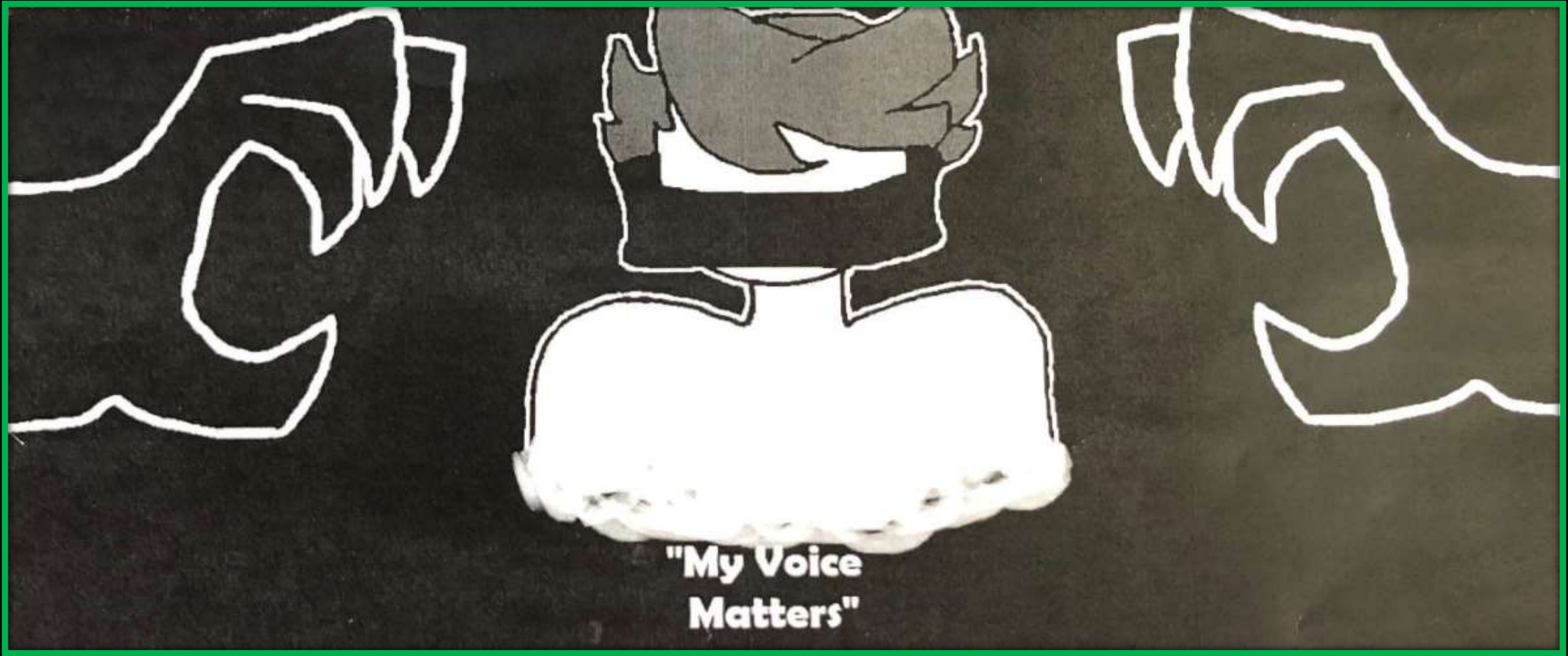
My voice Matters!!!


My
Voice
Matters

my voice...
Matters

MVM
#MYVOICEMATTERS
HEAR MY VOICE

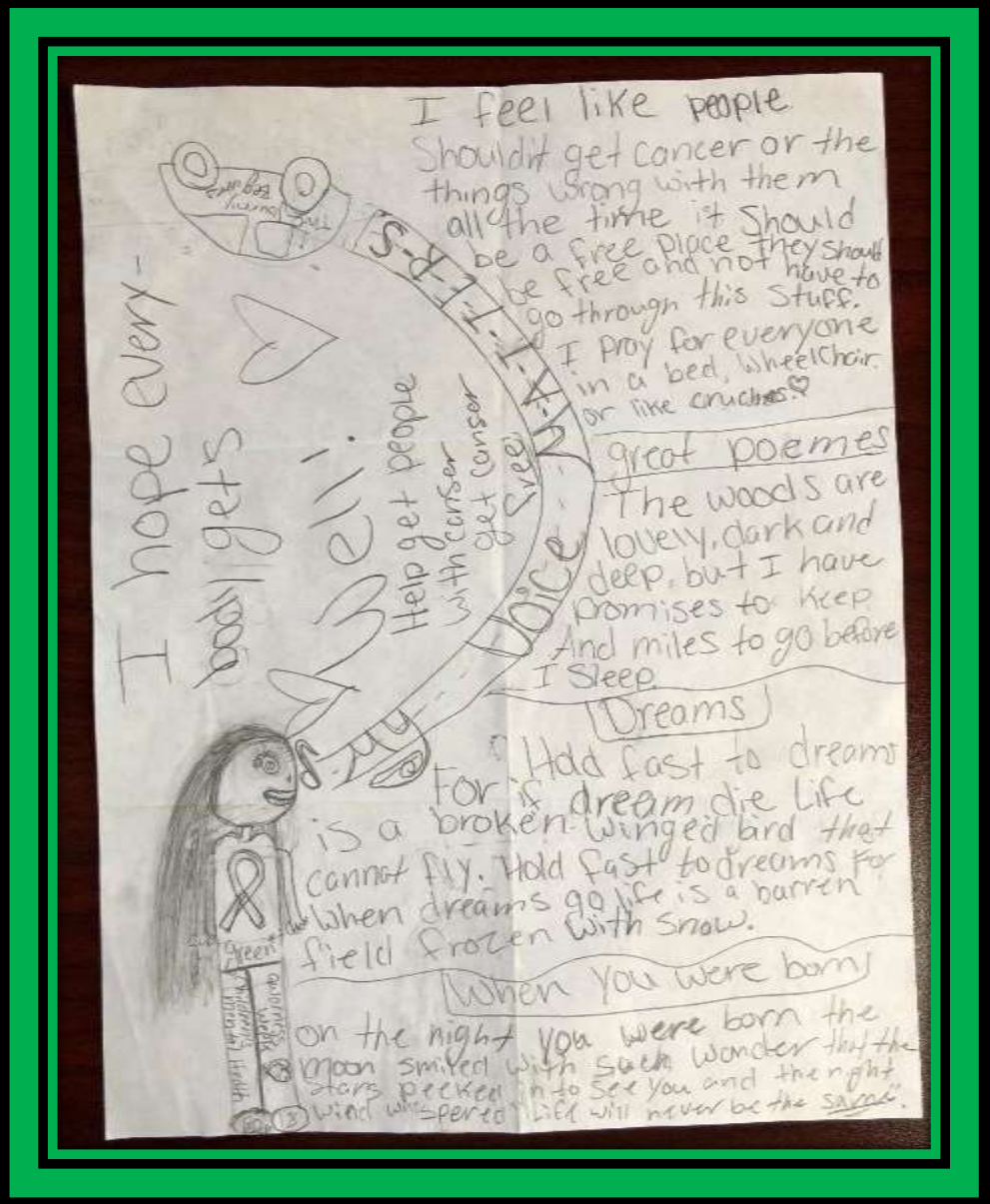

Among adolescents, age 12-17
4.7%
Illaitly use drugs!
4.2% abuse alcohol
I have been really sad since my grandpa die so I say my voice matters


"My Voice
Matters"

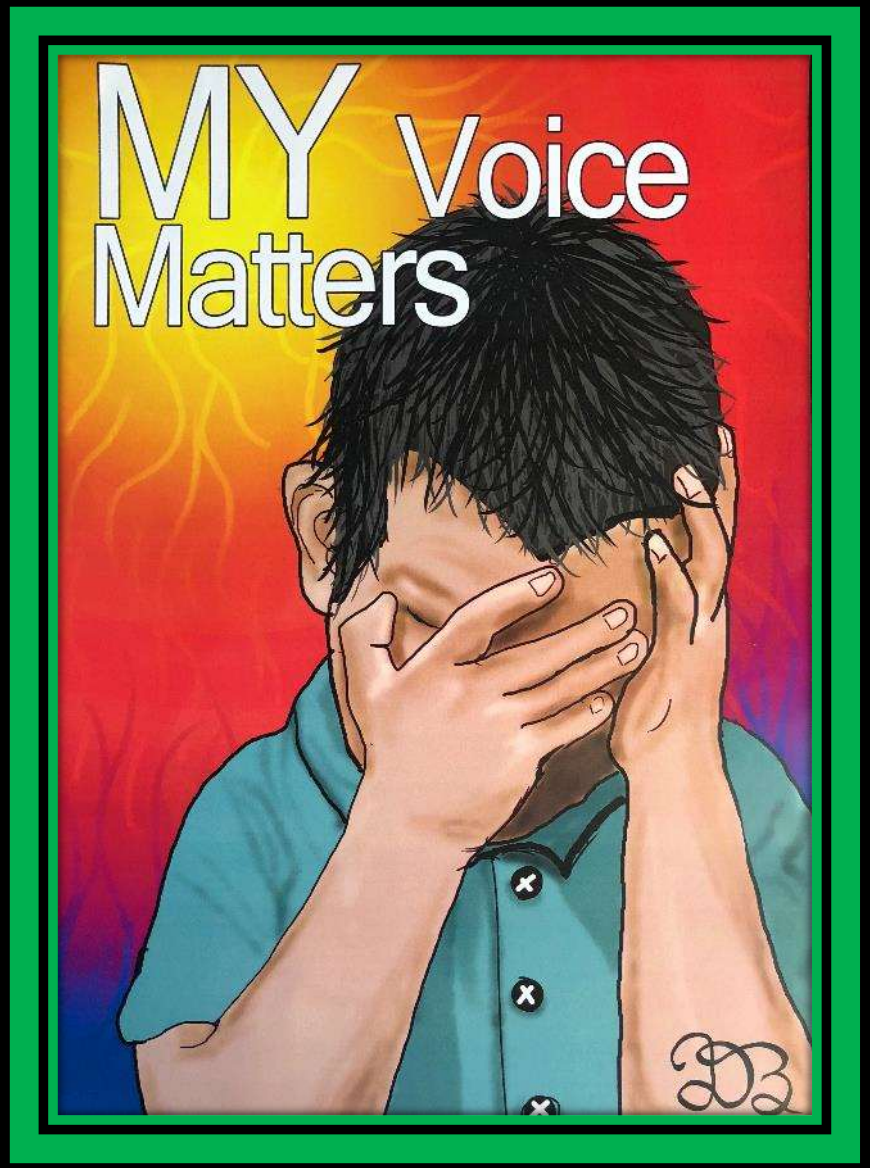
"My Voice Matters"
NEED Help ??
Never Kill your self
No one should die
dont be like Andy

MY
VOICE
MATTERS

My
Voice
Matters


I feel like people
Shouldn't get cancer or the things wrong with them all the time it should be a free place they should be free and not have to go through this stuff.
I pray for everyone in a bed, wheelchair or like cruches.
great poemes
The woods are lovely, dark and deep, but I have promises to keep And miles to go before I sleep.
Dreams
Hold fast to dreams For if dream die life is a broken winged bird that cannot fly. Hold fast to dreams for when dreams go life is a barren field frozen with snow.
When you were born
on the night you were born the moon smiled with such wonder that the stars peeked in to see you and the night wind whispered "Life will never be the same".
I hope every-body gets well!
Help get people with cancer get cancer free
Voice
Green

My voice
matters


MY Voice
Matters