

VIBE
MENTAL HEALTH ART
CONTEST
GRADE 7-9
FINALISTS
2022



Directions:

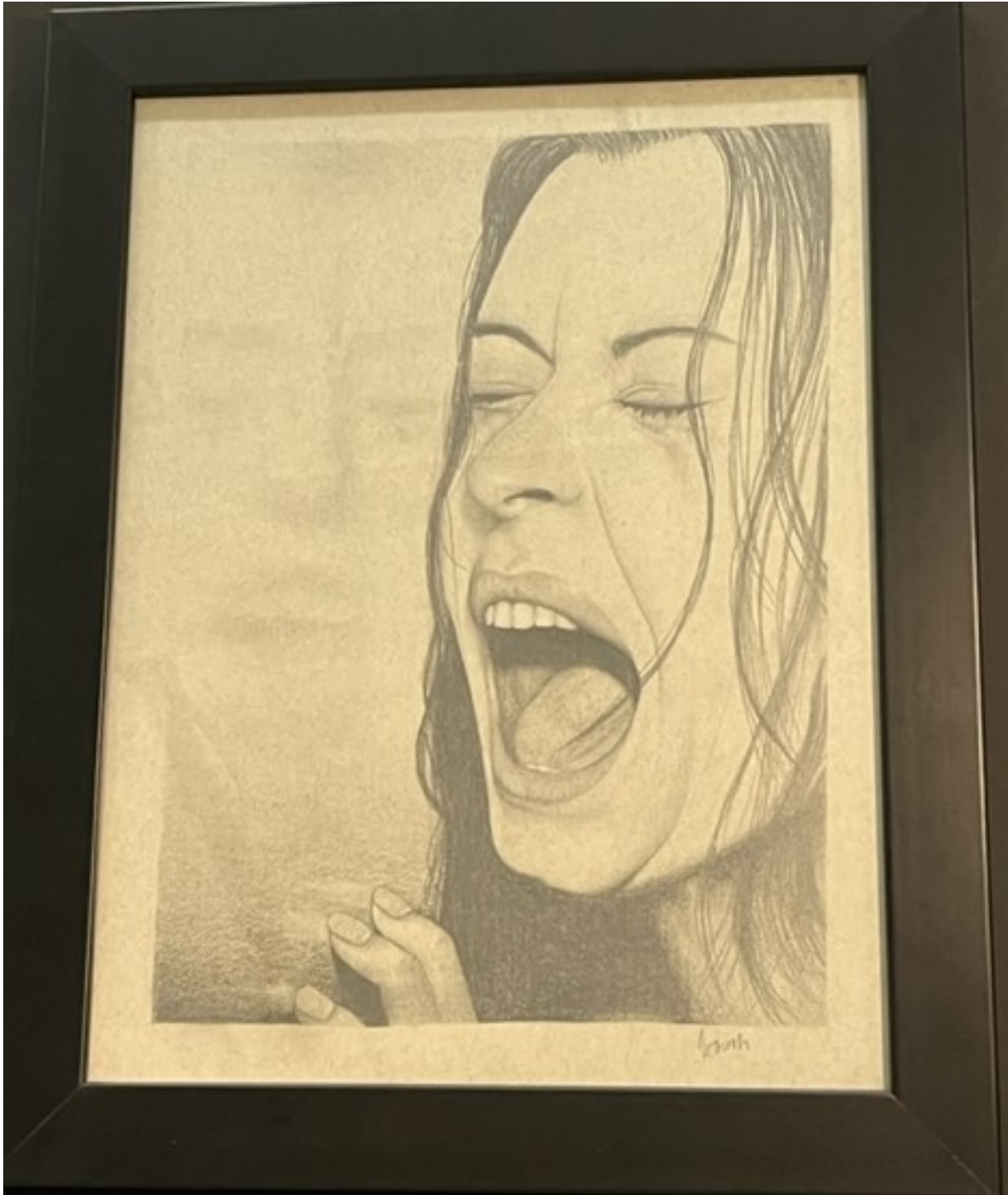
Please choose your 1st, 2nd, and 3rd choice and email the entry numbers of your selections in each category to pat.calyniuk@btps.ca. by **Thursday April 28th, 2022** so the winners can be finalized. Thank you. We had over 700 entries this year from grades K to 12.

Grade 7-9 Please pick your first, second and third choice.

Entry #: 7-1

Title: Trapped

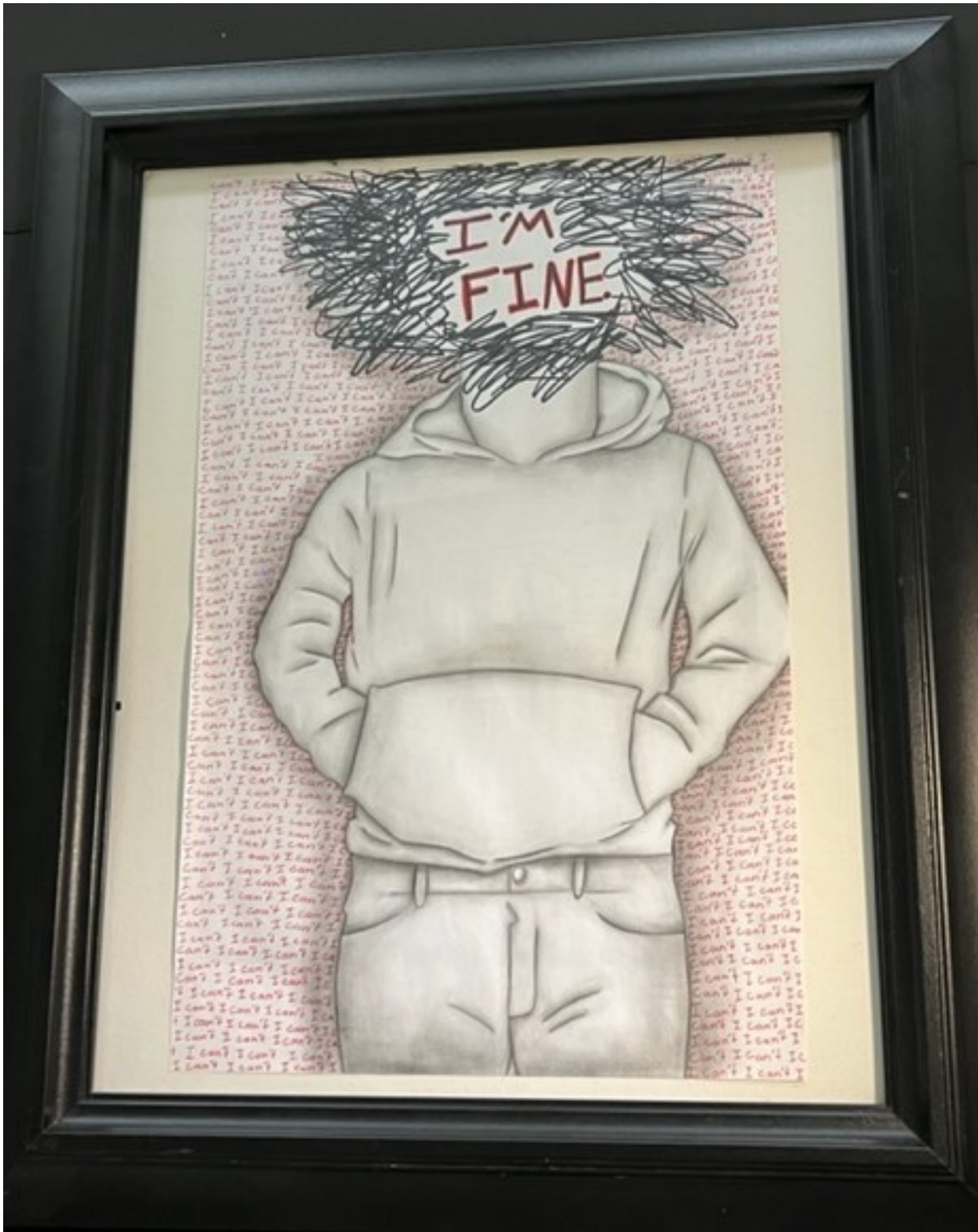
Meaning: Mental illness can often feel like you're stuck behind an inescapable wall of your own despair. Your cries for help may not be heard, you may not even be seen.



Entry #: 7-2

Title: I'm Fine, I Lied

Meaning: Art shows anxiety. How many people have worry and doubt but not many people seek help and they just ignore it. You can look calm on the outside, but you never know what's going on inside.



Entry #: 7-3

Title: Positive & Negative Mindset

Meaning: The left side represent the positive mindset and there are lush trees and butterflies. Since this side is full of lit it represents a healthy mind. The right side is the negative mindset, on this side the plants are dead and there is no wildlife. This side has no life, making it an unhealthy mindset. The words on the bottom of each side are positive (left) and negative (right) thoughts. The background is colourful and beautiful. I did this because it's supposed to represent that even though someone may look like they have a positive mindset from the outside, they may in reality have a negative mindset and need help. Finally, the setting is supposed to be two people's minds (maybe friends). In my head I always imagine that our relationship with each other is like a bridge. The more you try and make a connection the stronger the bridge will be to connect your worlds (minds). By building our bridges we will be able to nurture each other's worlds and get them the help they need.



Entry #: 7-4

Title: How it Feels

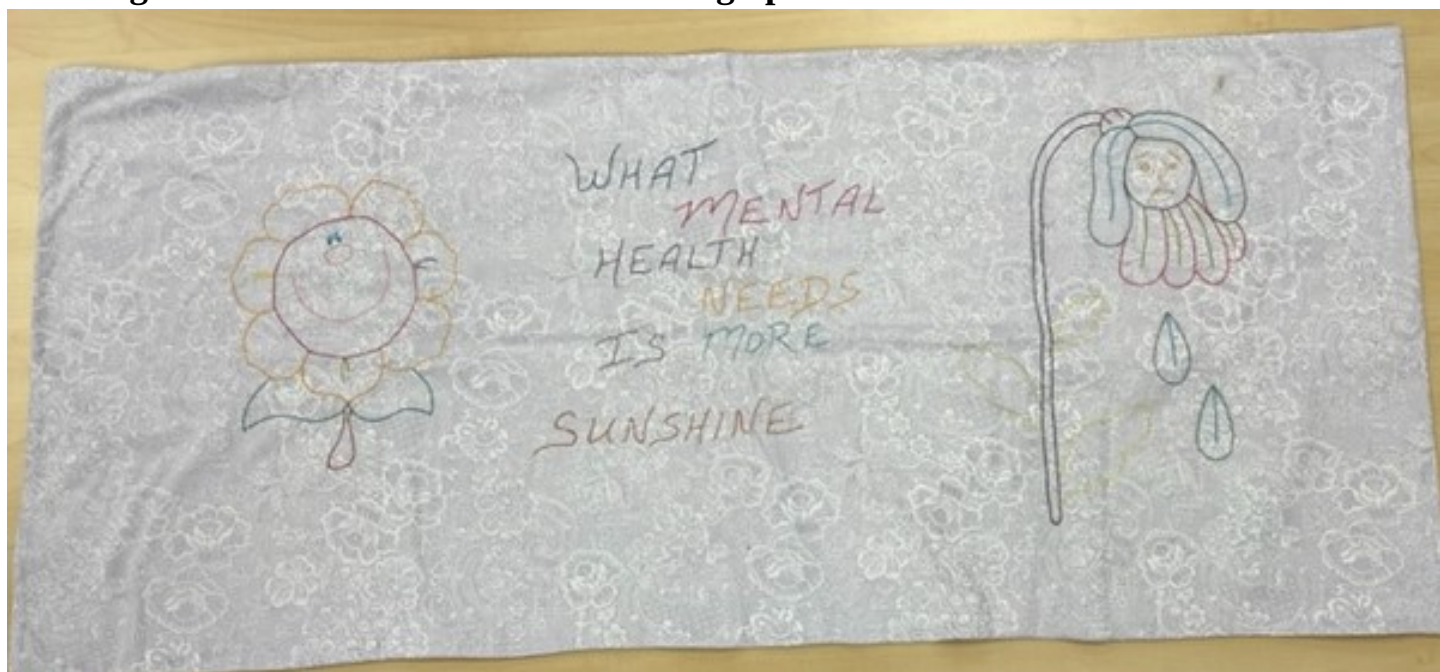
Meaning: It shows how it feels when you get social anxiety or anxiety in general.



Entry #: 7-5

Title: More Sunshine

Meaning: Sometimes we need a little cheering up.



(This is a cloth blanket)