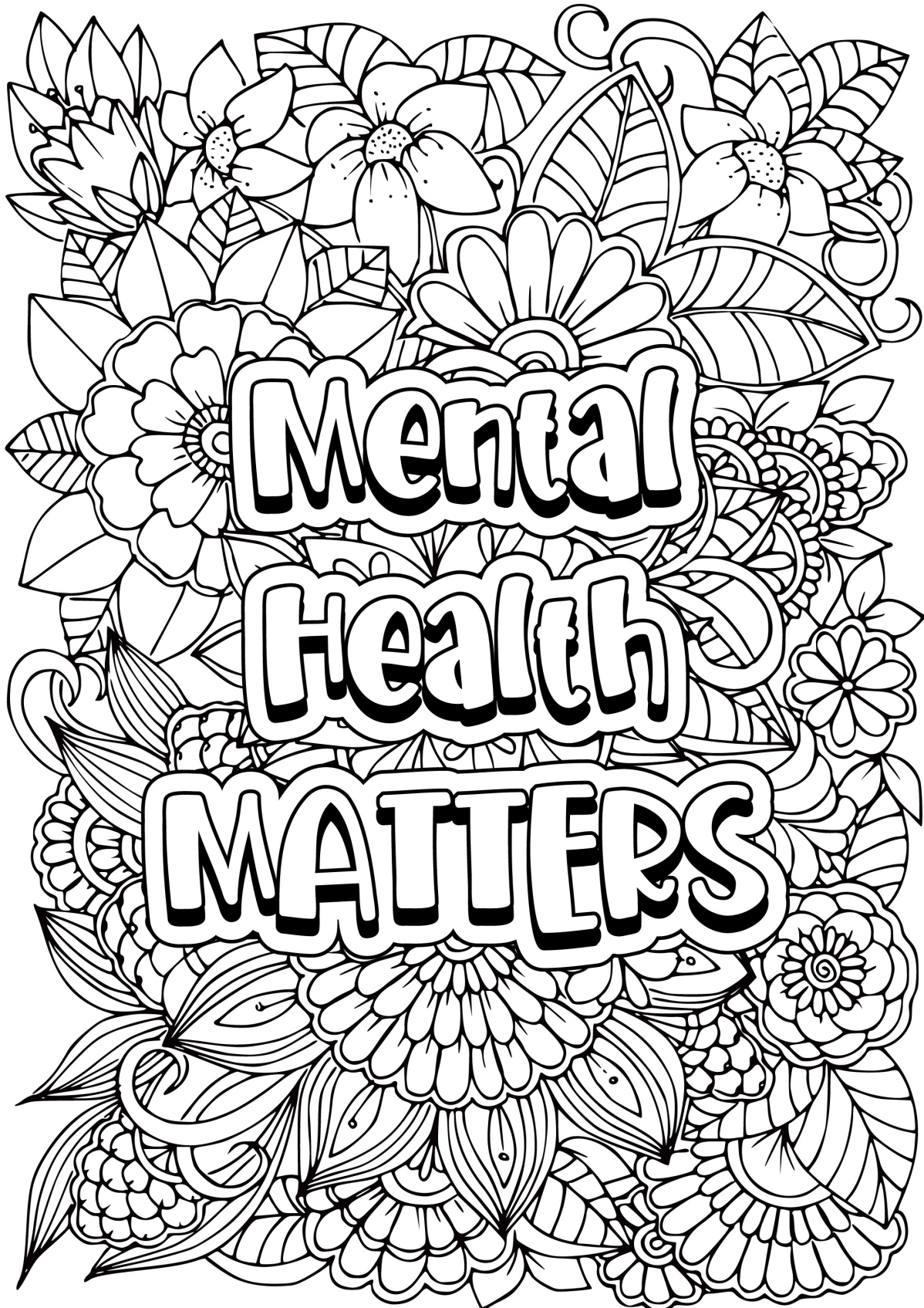




**May 2023** Mental Health Awareness Month

# **HEU COLOURING CONTEST**



# MENTAL HEALTH AWARENESS MONTH COLOURING CONTEST

## Win Great Prizes!

*(coffee, chocolate and HEU boutique items)*

About 20 per cent of Canadians live with mental health problems, mental illness or addiction. Too often, stigma and discrimination keep people from speaking up and getting the support and care they need.

We know the COVID-19 pandemic, heavy workloads, on-the-job stress, bullying, harassment and unsafe work all take a toll on the mental health of workers.

That's why HEU's People with Disabilities Standing Committee is promoting discussion during Mental Health Awareness Month.

## Colouring Contest Rules

This contest is open to all HEU members. Each member may submit one coloured picture. Use crayons, watercolours, markers or coloured pencils to colour the picture. All entries must be submitted to the HEU Provincial Office at the email address below.

We'll pick a winner and a runner-up in a random draw. Prizes as awarded. No cash substitutions.

### 1<sup>ST</sup> PLACE

#### **\$100 gift basket**

from Café Etico *(including chocolates, coffee and fair trade tea)*

#### **\$75 gift card** from Tim Horton's

**\$100 HEU Boutique** *(can be used to purchase HEU T-shirts and other HEU items)*

### RUNNER UP

#### **\$75 gift basket**

from Café Etico *(including chocolates, coffee and fair trade tea)*

#### **\$50 gift card** from Tim Horton's

**\$75 HEU Boutique** *(can be used to purchase HEU T-shirts and other HEU items)*

**DEADLINE FOR SUBMISSION: June 30, 2023 at 5 p.m.**

**NOTE: SUBMISSIONS BY EMAIL ONLY**

**TO ENTER:** Please take a photo of your colouring artwork and email it to [Shemaine Chan at schan@heu.org](mailto:schan@heu.org)

Please type **"PWD PHOTO CONTEST 2023"** in the email subject line and be sure to include the following information: Name, Local or work site, Contact information, Address, Email.

