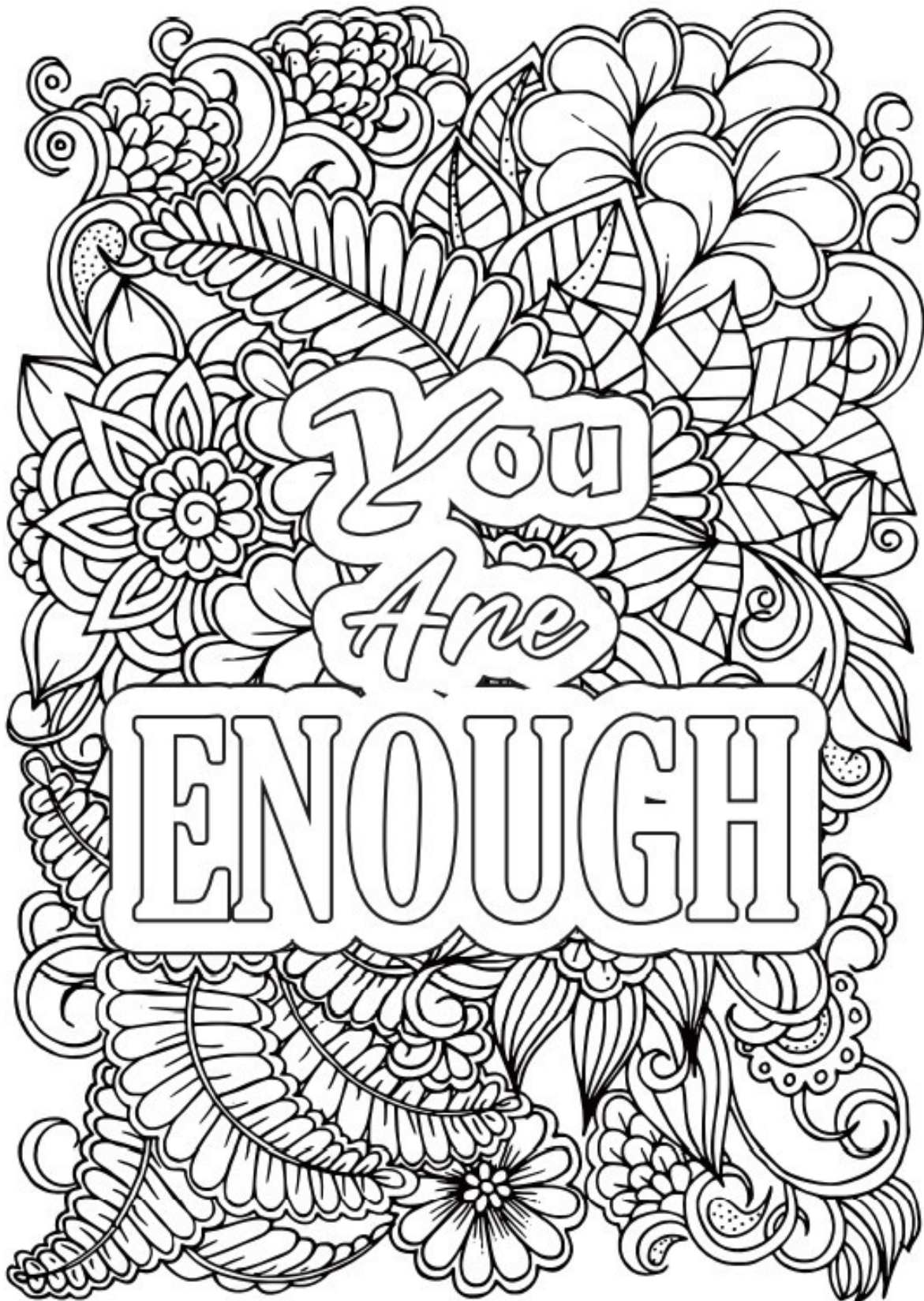


May 2024 • Mental Health Awareness Month
HEU COLOURING CONTEST



2024 HEU MENTAL HEALTH AWARENESS MONTH COLOURING CONTEST

Win Great Prizes!

(coffee, chocolate and HEU boutique items)

HEU's People with Disabilities Standing Committee is launching its annual Mental Health Awareness Month Colouring Contest to mark this important month and raise awareness and discussion about mental health issues.

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. Heavy workloads, on-the-job stress, bullying, harassment, and unsafe work all take a toll on the mental health of workers.

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.

DEADLINE FOR SUBMISSION: June 30, 2024 at 5 p.m.

1ST PLACE

\$100 gift basket

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

\$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)*

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

NOTE: SUBMISSIONS BY EMAIL ONLY

TO ENTER: Please take a photo of your colouring artwork and email it to Morgan Dymond at mdymond@heu.org (or inclusion@heu.org).

Please type **"PWD PHOTO CONTEST 2024"** in the email subject line and be sure to include the following information: name, local or work site, contact information, address, email.

