



shiv's
third
eye

MINDSPEAK ESSAY COMPETITION

- Middle School
(Grade 6-8)
- High School
(Grade 9-12)

Calling ALL young creative minds and compassionate hearts to explore and openly discuss the topic of "YOUTH MENTAL HEALTH & WELLNESS" and make your voice heard!

SUBMISSION DEADLINE: 11:59 PM SATURDAY DEC 20TH, 2025

A Certificate of Recognition from US Senator Andy Kim + Cash Prizes (for ALL winners in each category)

1 GOLD
\$500 Cash

2 SILVER
\$300 Cash

3 BRONZE
\$100 Cash

INFORMATION, FREE
REGISTRATION &
SUBMISSION





MINDSPEAK ESSAY COMPETITION RULES

1. Applicants must be enrolled in the State of New Jersey during the school year (2025-26)
 - Grade 6-8 (Middle School Category)
 - Grade 9-12 (High School Category)
2. Essay must follow the below guidelines
 - PDF file, font Times New Roman size 12, no more than 1000 words
 - Format for the filename of the uploaded file should be FirstnameLastnameSchoolInitials.pdf
3. Every entry should be accompanied by a signed copy of the parental/guardian consent (The name of the uploaded consent form should be FirstnameLastnameSchoolInitials_consent.pdf)

MINDSPEAK ESSAY TOPIC

Students are invited to share their thoughts through **an essay OR a research paper OR a personal/fictional story** that explores the intricacies of youth mental health and its profound impact. The aim is to formulate an actionable plan through shared experiences and insights for reducing stigma and nurturing resilience through Youth Voices.

Following questions could be considered to inspire your writing:

1. As a pre-teen/teen what affects your mental well being? How do you build resilience or coping skills while faced with challenging times?
2. Do you feel supported at school, at home or in the community? Will you access help if struggling? How can schools/communities help you feel supported and/or reduce the stigma around mental health and better foster a supportive environment for kids?
3. What kind of conversations on youth mental health are useful at home and/or school?
4. What are the barriers that make it difficult for kids to access mental health treatment?
5. What role does the home or school culture play in mental health & wellness? What will it look like to create a culture of mental wellness in your community?
6. What are your thoughts on Social media? the good, the bad, the ugly,
7. Any other areas of concern to individuals and their communities with respect to mental health

“MINDSPEAK” KEY DATES



For more Information &
Submission link (Active on 2nd
Sept)

