



Just Talk Film Competition

The Public Health team invites you to help us raise mental health awareness with teenage boys across Hertfordshire. You'll also be in with the chance of winning £100 in vouchers!

Mental Health, like physical health, is something we all have, so if you live in or attend a school in Hertfordshire, you are between 11 and 21 years old, you are male, and you are breathing, you can help us!

Please send us a story board for a short film (no more than six panels) helping us to promote this campaign. If your story board is chosen, we will work with you to professionally produce your film which may well become a key part of our campaign.

To help us with this campaign, your piece should include some of the following key messages (in your own words):

- The campaign title: Just Talk
- We all have mental health and we should be able to talk about it in the same way we can talk about physical health
- Life can be difficult. It shows strength to talk about mental health and to seek help when struggling to cope
- Seeking help early means you are less likely to become unwell
- By offering support to a friend you think is struggling, you can make a huge difference to them
- Provide examples of positive ways that people can cope with difficult situations e.g. feeling anxious before an exam or important sporting event or performance; feeling upset or worried because you've had an argument with a friend

At the end of the campaign, a judging panel, which will include young people, will choose the 'piece' that they feel best engages teenage boys with the key campaign messages.

Your film may feature on our website, be used in schools and other settings, or even feature on the radio or social media.

This will look fantastic on your CV, and the creator/creators of the winning 'piece' will also receive £100 in vouchers

The closing date for entries is 5pm, Monday 29th January, 2018.

Please add your details below, and complete the story board template on the next page and send your entry to publichealth@hertfordshire.gov.uk

Further details on the Just Talk campaign can be found online at www.healthyyoungmindsinherts.org.uk/just-talk

Name:	
Age:	
School or college attending (if applicable):	
Home Address:	
Email Address:	
Phone number:	

Just Talk storyboard


