

Heidi Hedberg
Commissioner

health.alaska.gov



Department of Health

Anchorage, Alaska

STATE OF ALASKA

PRESS RELEASE

FOR IMMEDIATE RELEASE

Contact: Shirley Sakaye, DOH, 907-269-4996, Shirley.Sakaye@alaska.gov

988 Create – Youth Arts for Mental Health Campaign

December 1, 2024/ANCHORAGE – The Department of Health (DOH) invites Alaskans ages 10-25 to get creative for mental health! From now until January 13, 2025, youth can submit their original work that includes messages of support and healing that meet the theme, “What inspires you and helps you grow?” This campaign is a collaborative project between the Department of Education and Early Development, Alaska State Council on the Arts, Youth Alliance for a Healthier Alaska, Spirit of Youth, and the Alaska Native Tribal Health Consortium.

The first 20 submissions will be sent a swag bag that includes a water bottle, shirt or hoodie, and other prizes. The top 10 winners will receive a \$150 gift card and social media, and on our [website](#). Winners will also be invited to attend a round table discussion on mental health support in Alaska.

To participate:

- You must be between the ages of 10-25.
- Submissions can be any original piece of art including paintings, sculptures, architecture, literature, poetry, music, performances, fashion, film, fiber arts, digital arts, culture craft, and any other creative medium, but must be submitted in digital form.
- Submissions must be made through [the online portal](#) or emailed to yaha.alaska@gmail.com by 5 p.m. on January 13, 2025.
- Submissions containing any illegal activity, nudity, hate speak, and/or profanity are prohibited and will be disqualified.
- Share your art and spread the word about this contest online by using the hashtags:
#mentalhealth #YAHA2025 #988 #988Create #suicideprevention #mentalhealthresources #AKYouthResilient #youthresilience

Learn more about this contest online at 988create.alaska.gov.

If you or a loved one is experiencing mental health distress or suicidal thoughts, you can call or text 988 to talk to someone 24/7. If you are experiencing a medical emergency dial 911.

###