

# Have You Been Impacted By Suicide?

## World Mental Health Awareness Day Art Book Presented By Spark of Brilliance

For this year's World Mental Health Awareness Day, Spark of Brilliance will be assembling an art book that will be displayed at a special event (to be announced later!), and also to act as a legacy piece that will bring hope to people in years to come. The book will contain artwork, poetry, and letters of hope and dedication, produced by individuals and families who have been impacted by suicide.

- Using 11x14" paper, create a poem, painting, or letter of hope and dedication, using any (flat) medium you choose, *except* three dimensional objects.
- Please leave a 1" margin on the left side of paper for binding. Please create your piece in landscape style, NOT in portrait style.
- Please only use one side of the paper for your creation.
- Multiple pages are welcome.
- All ages and levels of artistic ability are welcome.
- All submissions will be accepted, unless they are found to contain triggering or offensive language or imagery.

Some pages may be chosen to be framed for display on the day of the event.

Please drop off your contribution to Marcey Gray at CMHA WW/Self Help, 147 Wyndham St. N. between the hours: MON/WED/FRI between 9-12 or 1-5, or TUES/THURS 1-5 p.m.

Submission deadline is September 23, 2019 at 5:00 p.m. Applications submitted after that time will not be accepted – no exceptions.

\*Spark of Brilliance is a program of CMHA WW and Self Help & Peer Support, that promotes healing and recovery through the arts. For more information: [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca) or 519-763-4014 x2355



Canadian Mental  
Health Association  
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SELF HELP &  
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