

Mental Health Student Art Exhibition



Tulare County
Office of Education
Tim A. Hire, County Superintendent of Schools



About the Exhibition:

During the month of May, communities across the United States recognize Mental Health Awareness Month, a time dedicated to raising awareness and breaking the stigma. This year, we are hosting our 2nd Annual Student Art Exhibition, featuring a virtual gallery showcasing artwork that reflects mental health awareness. Selected pieces will also be highlighted on our Instagram, @projectawaretcoe, providing a platform for students to share their creativity and inspire meaningful conversations. Join us in observing Mental Health Awareness Month and be part of a movement to promote understanding, support, and wellness in our community. All students are welcome to participate!

How to Participate:

Participants are encouraged to explore themes related to mental health, such as:

- Hope – What gives you hope in challenging times?
- Connection – How do relationships and community impact well-being?
- Resilience – How do you overcome obstacles and stay strong?
- Expression – How does art help you process emotions?

Students may use any form of media they prefer, including painting, drawing, digital art, photography, poetry, and more. To honor Mental Health Awareness Month, we encourage artists to incorporate green, the official color of mental health awareness.

Upload artwork and permission slips to:
<https://forms.gle/pDE6C6CtgjP7ZrCm9>



Question? Email Nicholas Wainwright - Nicholas.wainwright@tcoe.org



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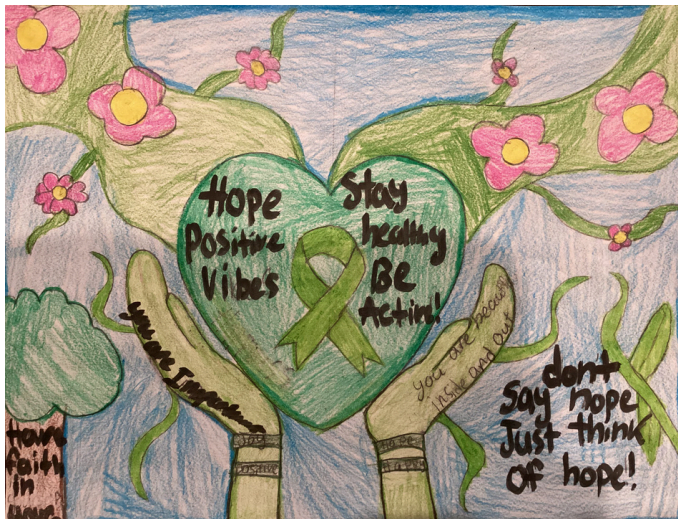
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Art Submissions:

- The deadline for submissions of student artwork is **April 30, 2026**
- Artwork must be submitted digitally (8.5 x 11 at 300 DPI as a JPG, PDF, or PNG)
- All submissions must include a signed parent permission slip
- Artwork needs to be school-appropriate and will be reviewed and approved

Examples:



Hope

Artist: Jennifer Almonte
Grade: 7
School: El Monte Middle School



Me in Paper

Artist: Irene Campuzano Valencia
Grade: 2
School: Golden Valley Elementary School

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