

Speaking Up About Mental Health National Essay Contest

Submission Checklist

- Create a Challenge.gov account using [this link](#).
- Review the *Rules*, *Judging*, and *How to Enter* sections of the contest [here](#).
- Pay attention to the submission deadline of January 16, 2024.
- Upload and submit your **essay in PDF format**.
- Sign the entry form.
 - If you are younger than 18 years old, both you and your parent/legal guardian must sign the entry form.
 - If you are 18, sign the entry form as the entrant.
- Upload and submit your entry form **in PDF format**.
- If someone contacts you from Challenge.gov, respond as soon as possible to ensure you remain eligible to win.