

THE COUNTY OF SAN DIEGO HEALTH AND  
HUMAN SERVICES AGENCY (HHS) INVITES  
YOU(TH) TO PARTICIPATE IN THIS YEAR'S...

## SCOOP FROM YOU(TH) CHALLENGE:

### PIECE OF MIND

Art is a powerful way you can explore your emotions, increase self-esteem, promote emotional resilience, and contribute to your overall wellbeing.

For this reason, the 2025 *Scoop From You(th) Challenge: "Piece of Mind,"* invites **San Diego youth and young adults (ages 12-25)** to use art to...

- Share your personal experiences with mental health
- Help reduce stigma around mental health
- Build a supportive network
- Empower yourself and others to seek out support & resources

## EXPRESS YOURSELF THROUGH...

*Graphic Design, Painting, Illustration, Poetry, Short Story, Dance, Music, Performance, Film, Photography, and/or Animation*

**EXTENDED Deadline to Submit: November 21, 2025**  
through [LiveWellSD.org/ScoopFromYouth](https://LiveWellSD.org/ScoopFromYouth)

#### CHALLENGE INFORMATION:

Visit [LiveWellSD.org/ScoopFromYouth](https://LiveWellSD.org/ScoopFromYouth) to learn more and get started!

#### HAVE QUESTIONS?

Contact the *Scoop From You(th)* Team at [Engage.BHS@sdcounty.ca.gov](mailto:Engage.BHS@sdcounty.ca.gov)

#GetTheScoop #YouthChallengeSD #SFYCPieceOfMind

