

*I Will Listen* Art Exhibit

Entry Information

**The Behavioral Sciences Association is kindly requesting your participation in the *I Will Listen* Art Exhibit at Northwest Missouri State University.** We are hosting an art exhibit encouraging the Nodaway community (local schools and organizations, community groups and individuals, and NWMSU faculty, staff and students) to share their experiences surrounding mental health through various art forms.

**What is *I Will Listen*?**

*I Will Listen* is an annual event hosted by the Behavioral Sciences Association and Active Minds at Northwest Missouri State University. The event is in support of the larger movement developed by National Association of Mental Illnesses (NAMI). The goal of *I Will Listen* is to reduce the stigmas surrounding mental illness, and to promote mental health well-being. The event will include an art exhibit where community members and university affiliates (ages 5 to 105) will be able to share their experiences and thoughts about mental health.

Studies have shown that expressing yourself through art can help improve your mental health. Artistry is a great outlet for people to express their feelings, explore the emotional complexities, create social awareness and change, and most importantly encourage mental wellness.

Submission Category

Theme

**Submission & Event Details**

**Art Entry Due Date: no later than February 1, 2022 by 5pm** (artwork submitted after this date will not be accepted)

**Art Entry Drop-off Location:** Completed artwork submissions may be dropped off to the west wing front desk of Colden Hall with a staff member (located on the second floor Arrangements for pickup of bulk submissions (multiple submissions from one school) may be considered upon request.

**Event Date:** February 22, 2022 from 1-7pm

**Event Location:** Northwest Missouri State University, Third Floor of the Student Union in the Boardroom

**How It Works:** Different submission categories (listed below) are asked to create some type of artwork around a specific theme relating to mental health and wellness. Art forms may include drawing, painting, collage, comic strip, sewing, graphic design, pottery, sculpture, photography, mixed medium, music, or poetry. Please do not submit plans for future work or works in progress. The Behavioral Sciences Association jury will select art pieces to display in the art exhibit from those submitted and notify you which pieces will be displayed. Whether you work is selected or not, we ask that you share information about this event and attend to share in the conversation about mental health. Below, we’ve indicated the different themes for each category. We have included the due date of submissions along with the entry rules on the following page. We would love for you to participate, and possibly have your artwork on display at the art exhibit NWMSU JW Jones Student Union!

**Questions? Please contact:** Elizabeth Dimmitt: [EKEANE@nwmissouri.edu](mailto:EKEANE@nwmissouri.edu) or Olivia Babinski:  [S535246@nwmissouri.edu](mailto:s@nwmissouri.edu)

**ENTRY RULES**

All paper submission should include black framing for display (paper or matte frame preferable) to ensure that when the art work is displayed, it is not damaged (e.g. pin holes).

When submitting your artwork, you should include the following on a typed or clearly printed sticker placed on the back of the piece of art:

1. a title of the artwork
2. the artist name
3. school or community association

If the work is 3-D, the sticker still needs to be adhered to the underside. This process is to ensure anonymity, reduce individual risk, ensure fairness in the judging process, and ensure return of all pieces to appropriate parties.

A brief description of the meaning/explanation of the piece will be written on the supplied document (see last page). This piece of paper needs to be paperclipped to the individual submission.

If the submission is an original piece of music, an mp3 file can be sent to one of the contacts indicated above. The supplied description form will need to be sent in the same email.

If you are submitting a sculpture, please email us a picture of the completed piece with the dimensions noted by February 1st, 2022. If selected you will be responsible to bring the sculpture itself in the Feb 22nd of the event.

A maximum of 2 pieces of artwork per person may be submitted.

The mediums considered for entry may include drawing, painting, pottery, sculpture, collage, music, comic strips, sewing/quilting, photography, short stories, mixed medium, or poetry.

You may pick up your artwork between 7pm- 8pm on Tuesday Feb. 22nd immediately after the event. Bulk deliveries (e.g. to participating schools) can be arranged upon your request.

Prizes for 1st, 2nd, 3rd place will be awarded for each submission category.

DISCLAIMER: There will be a jury selection. We will try our best to ensure the artwork does not get damaged. However, the Behavioral Sciences Association (faculty, staff, and students) and Northwest Missouri State University are not responsible for any damage to the artwork. We will display as many pieces as possible but will be limited due to submission categories and space.

This is a part of my story…

How do you view mental illness or mental wellness or the journey between?

My journey has been

My inner critic says…my response is…

I feel struggle with…

I deal with turmoil by…

I feel at peace when…

If I was the best me I would have to change…

I wish people understood…

Mental illness is like

My community could support me better by…

I wish people knew…

My way to heal or find peace is…

**Optional Prompts for Inspiration:**

Show us a big feeling you have and tell me the story of why

Show the last time you felt really good about yourself and why

The best compliment I have received recently is…

When you are having a really hard day, where do you go, what do you do, who do you reach out to, or what helps.

Show the last time you felt really good about yourself and why

Show me about a hard moment in your life and/or how you navigated it.

What do you do when you or someone you can relate to are dealing with the tough stuff?

I struggle with…

What I wish I could change about me is..

If people really knew me they would see/think/feel…

**SUBMISSION FORM**

**Artist name:**

**School or community affiliation (if any):**

**Submission category (1-5):**

**Title of the artwork:**

**Description of the artwork:**