

# MHE & YOU May is Mental Health Awareness Month Raffle Contest Guidelines

What is helping YOU get through this challenging time?

Tell/Show Us and you could win up to \$100!

## “What is Your Favorite Healthy coping strategy you have used/found to help your mental health this year?” Raffle Contest.

The Mental Health Experienced & Years Of Understanding (MHE & YOU) Advisory Council is an advisory council for the Implementation Science & Practice Advances Research Center (iSPARC) at the University of Massachusetts Medical School that offers the expertise of persons with lived experience of a mental health condition to inform and improve the quality of iSPARC’s work.

The MHE & YOU is thrilled to launch our annual contest for May is Mental Health Awareness Month. We know that this has been a tough time for many people, us included, so we’re hoping that this raffle contest can bring some inspiration and empowerment to people’s lives. We may be physically distant, but we can still be a community.

The theme of this year’s raffle contest is **“What is Your Favorite Healthy coping strategy you have used/found to help your mental health this year?”** To enter, fill in the raffle template. You can draw/paint, write, or tape a photo of the “go-to” strategy you are using/doing to help you cope during these difficult days. Then scan and email the entry to us.

### How to Enter:

1. Read these contest guidelines.
2. Fill-in the raffle entry template (You can draw/paint, write, or tape a photo, etc.) and upload it to
3. Complete the [Photo Contest Release Form](#)
4. Email the completed Photo Release Form to [MHEYOU@umassmed.edu](mailto:MHEYOU@umassmed.edu). *See below for more details.*
5. Include your name and best email address in the email.

Seven (7) winners will be chosen by June 7, 2021. We will contact the winners via email and display their raffle on the MHE & YOU website.

If you have any questions, email us at [MHEYOU@umassmed.edu](mailto:MHEYOU@umassmed.edu).

Learn more about the MHE & YOU on our [website](#).

### Prizes

There are seven (7) cash prizes for our May campaign:

- The 7 submissions will be randomly selected to win either \$100.00, \$75.00, \$50.00 or \$25.00 (3 winners) cash prize or a pair of JBL True Wireless earbuds valued at \$75.00.

## Winners

If your entry is chosen as one of the winners, you will be contacted by a UMass Medical School Employee to fill out paperwork to receive your prize. All reasonable efforts will be made to contact each of the winners but, if after 30 days we are unable to reach a winner, a new winner will be determined by the MHE & YOU.

## Deadlines and timelines

- Start date: May 1, 2021
- Entry deadline: May 28, 2021 at 12 am EDT
- Winners announced: June 7, 2021

## How to enter

To participate in our raffle contest, you should:

1. Read the contest guidelines.
2. Fill-in the raffle entry template (You can draw/paint, write, or tape a photo, etc.) and upload it to
3. Complete the [Photo Contest Release Form](#).
4. Submit your completed Photo Release form and to [MHEYOU@umassmed.edu](mailto:MHEYOU@umassmed.edu)
5. Deadline is May 28, 2021 at 12am EDT

## Competition rules

- All entries must be emailed to us at [MHEYOU@umassmed.edu](mailto:MHEYOU@umassmed.edu).
- All entrants must submit their name and email address.
- This raffle contest is open to adult residents across the US aged 18 years or over.
- No images of anything illegal, alcohol, or drugs are allowed.
- Do not submit entries that include identifiable individuals.
- All winners will be notified by June 7, 2021.
- Entries must be uploaded in high resolution (300 dpi minimum).
- The scanned submissions may be featured on the MHE & YOU, Transitions to Adulthood Center for Research and iSPARC websites, Facebook pages, Instagram, and Twitter feeds.
- Scanned submissions may be used for promotional purposes e.g., iSPARC website, prospectus and other publications, social media platforms, exhibitions, postcards, etc.
- Copyright – by entering this competition, competitors warrant that they own the copyright to their scanned submission and that they give consent to the University of Massachusetts Medical School's iSPARC to store the image and reproduce it in any UMMS iSPARC-related publication or medium.
- By entering this competition, you agree to join our email list. You can opt out at any time.

The contest is open to legal residents of the United States and the District of Columbia who are eighteen (18) years of age or older. By submitting your entry to this sweepstakes, you are certifying that you are a legal resident of the United States or the District of Columbia and at least 18 years old.

You are certifying that you are the legal owner of the content you are uploading and entering. This sweepstake is not open to employees of the University of Massachusetts Medical School (UMMS) or their affiliates, subsidiaries, advertising, and promotion agencies. Contest is void where prohibited, and subject to all federal, state, and local laws and regulations. The winner(s) shall be responsible for any federal, state, county, and/or local taxes resulting from the

prize. UMMS is not responsible for printing, production or distribution errors and may rescind, cancel, or revoke these sweepstakes based upon any such error without liability at its sole discretion.

Winner agrees that UMMS' and their affiliated, advertising and promotion agencies and employees shall have no liability in connection with the acceptance or use of the prize offered. By accepting the prize, the winner agrees to defend and hold harmless UMMS and their agencies for any injuries, damages or losses that may be sustained in connection with the ownership, use or misuse of the prize. By submitting any photo or information to UMMS, you hereby grant to UMMS and its affiliates, subsidiaries, licensees, and assigns, an irrevocable, perpetual and royalty-free right to use, reproduce, edit, display, transmit, prepare derivative works of, modify, publish and otherwise make use of the submitted photo or other information in any and all media, whether now known or hereinafter created, throughout the world and for any purpose. In addition to the other things, the rights granted to UMMS include but are not limited to the right to resize, crop, censor, compress, edit, feature, caption, affix logos to and to otherwise alter or make use of the submitted photo. By submitting any photo or information to UMMS, you hereby represent and warrant that the submitted photo or information does not and shall not infringe on any copyright any rights of privacy or publicity of any person or any other right of any third party and you have the right to grant any and all rights and licenses granted to UMMS herein, including but not limited to all necessary right under copyright, free and clear of any claims or encumbrances. You acknowledge and agree that UMMS shall have no obligation to post, display or otherwise make publicly available any photo or information submitted by you, and may, in its sole and unfettered discretion, remove, edit, modify, or delete any photo or information that you submit to UMMS. You understand and intend that any photo or information submitted by you to UMMS may be available for viewing, rating, review, and comment on by the public, and understand that comments or ratings with which you disagree or are unhappy about may be published or otherwise become associated with any photo or information you submit to UMMS. By submitting any photo or information to UMMS, you hereby waive any privacy expectations that you may have with respect to any such photo or information submitted by you to UMMS. You hereby agree to hold UMMS and its affiliates, subsidiaries, licensees, sponsors and assigns harmless from and against, and hereby waive any right to pursue, any claims of any nature arising in connection with the inclusion in, publication via on display on any UMMS site or in our email newsletters or any other use authorized under these terms of any photo or information submitted to UMMS by you. Photos or information submitted by you to UMMS shall be the property of UMMS and UMMS shall have no obligation to preserve, return or otherwise make available to you or others any photos or information submitted.

If you have any questions, please contact us at [MHEYOU@umassmed.edu](mailto:MHEYOU@umassmed.edu)