

ATTENTION  
MIDDLE  
AND  
HIGH  
SCHOOL  
STUDENTS

Bergen County Executive  
James J. Tedesco III and the Board of Commissioners  
Cordially invite you to

# ENTER THE STIGMA-FREE STICKER CONTEST

The **Bergen County Stigma-Free Initiative** is a county-wide program that works to prevent and reduce the stigma associated with mental illness, raises awareness of the disease of mental illness through education, helps make conversations about mental health a part of everyday discussions, and eliminates and prevents stigma to encourage those who live with a mental illness to seek assistance without the fear of being negatively judged.

ARTWORK SHOULD REPRESENT WHAT IT MEANS TO BE STIGMA-FREE  
OR WHAT BEING "PROUD TO BE STIGMA-FREE" LOOKS LIKE.

- ADDITIONAL CATEGORY WINNERS MAY BE IDENTIFIED FOR OTHER PRIZES
- GUARDIAN SUBMISSION WILL BE REQUIRED PRIOR TO BEING NAMED A WINNER

**SUBMISSIONS ARE DUE BY MARCH 31ST.**  
LATE SUBMISSIONS WILL NOT BE ACCEPTED

GRAND PRIZE  
WINNER WILL  
RECEIVE A: **\$300 GIFT CARD!**

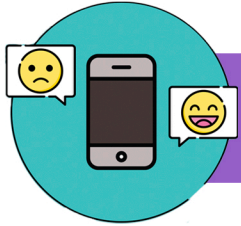
WINNERS WILL BE ANNOUNCED IN MAY  
FOR MENTAL HEALTH MONTH!

Contact Haley Contino, [hcontino@co.bergen.nj.us](mailto:hcontino@co.bergen.nj.us)  
or 201-634-2708, with any questions



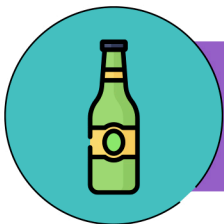
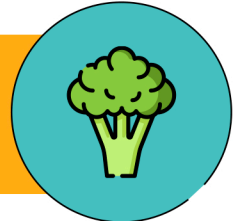
**BERGEN COUNTY  
PROUD TO BE  
STIGMA-FREE**

# Coping with stress during the COVID-19 outbreak



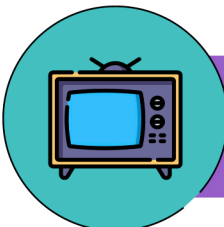
It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counselor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



**Crisis Text Line:**  
**Text HELLO**  
**to 741741**

**Bergen County Division of**  
**Mental Health & Addiction Services:**  
**201-634-2750**

**2nd Floor**  
**Youth Hotline:**  
**888-222-2228**

**REMEMBER: 911 for emergencies**

**James J. Tedesco III**

*Bergen County Executive*

**Bergen County Board of County Commissioners**

Tracy Silna Zur, *Chairwoman* • Thomas J. Sullivan, *Vice-Chairman* • Dr. Joan M. Voss, *Chair Pro Tempore*  
Ramon M. Hache • Germaine M. Ortiz • Mary J. Amoroso • Steven A. Tanelli

Source:



World Health Organization

# Bergen County Stigma-Free Sticker Contest Submission Release Form

## Rules:

- All artwork must be original. No tracing and no stock or “borrowed” images may be used.
- All entrants must be a student enrolled in Bergen County schools or home school in Bergen County, or be a Bergen County resident if they go to school in a different County.
- Entries may be hand drawn or digitally designed (see specifications below).
- Entries may be used for social media and other marketing materials for Bergen County.
- Entries must include your original artwork and the consent form.
- All entries must be received by **March 31<sup>st</sup>**. Late entries will not be accepted.

## Entry Details:

- The attached release must be signed, by students 18 and over or a parent/guardian for students under 18, and submitted with your artwork.
- Hand drawn entries must use the attached template and mail their design and consent form to:  
Haley Contino  
Department of Health Services – 4<sup>th</sup> Floor  
One Bergen County Plaza  
Hackensack, NJ 07601
- Digital submission specifications:
  - Please submit in .jpg, .png, or .pdf format below 25 MB. Vector format will be requested from winners.
  - Please use CMYK color
  - Must have at least a 1/8” bleed on all sides
- For digital submissions, email your design and consent form to Haley Contino at [hcontino@co.bergen.nj.us](mailto:hcontino@co.bergen.nj.us).

## Entrants agree that:

In exchange for good and valuable consideration, I consent to the display and/or use of my original artwork submission or images thereof by the Bergen County Division of Mental Health. This consent applies to all forms known now or in the future, in all media and all manners, including, but not limited to: advertising, art, social media, editorial content, and exhibition. I hereby release Bergen County, its affiliates and respective directors, officers, agents, employees, and guests from any and all claims of any kind on account of any such use. I understand that if my artwork is selected as the contest winner it will be printed and distributed to the community and promoted on social media, County websites, as well as other potential mediums including local journalism platforms, and that the artwork will not be returned to me. The County of Bergen reserves the right to add a County seal to your art if selected a winner. At the time of the donation to the County, all rights, interests and title to the artwork shall automatically transfer to the County.

## Entrant Contact Information:

Name (printed): \_\_\_\_\_

☐ Check here if entrant is under 18 years of age.

Street Address: \_\_\_\_\_

Parent/Guardian name: \_\_\_\_\_

Town: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship to entrant: \_\_\_\_\_

Email: \_\_\_\_\_

Date signed: \_\_\_\_\_

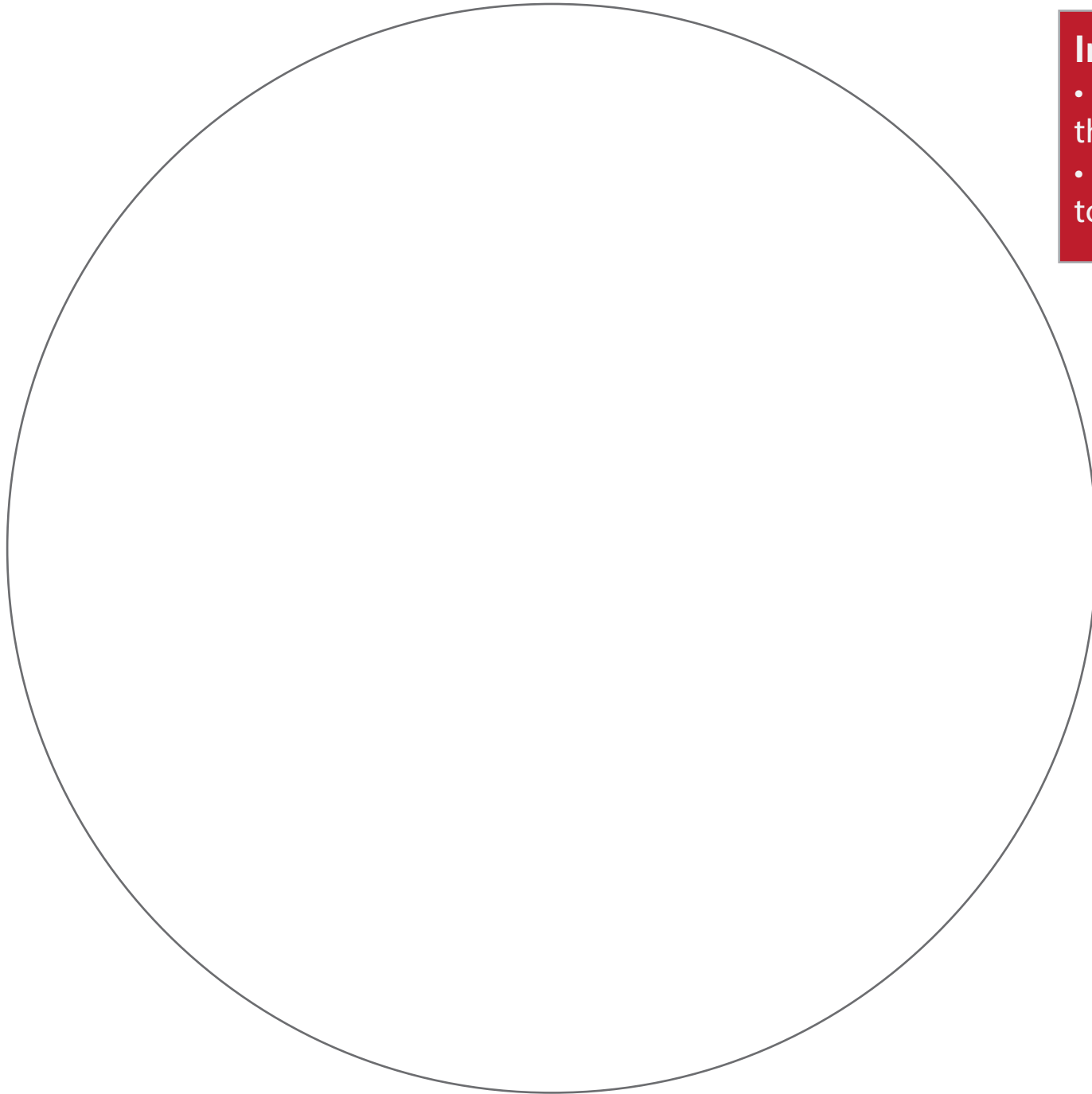
School: \_\_\_\_\_

Grade: \_\_\_\_\_

Entrant signature: \_\_\_\_\_

Name: \_\_\_\_\_ School: \_\_\_\_\_

## Your Design



### Important!

- Keep all words a 1/2 inch from the edge of the circle
- Extend the background design to the edge of the circle

### Actual Size of Sticker

