



**JUST TALK**

## FILM COMPETITION 'Coping with exam pressure'

As part of our annual film competition, Hertfordshire's **JUST TALK** Network invites you to get creative, and help us to **raise mental health awareness** by coming up with your own ideas for short films.

**This year, the theme of the competition is:**

### HOW TO COPE WITH EXAM PRESSURE

After the competition closing date, a judging panel will select the idea/s that they feel are most engaging.

We will work with winners to professionally produce their films, which may then become a key part of our award-winning **JUST TALK** campaign.

Your film may feature on our website, be used in schools and other settings, or even feature on the radio or social media.

### Prize...

**We will turn  
your idea into  
a film.**

**You will get  
£100  
in vouchers!"**

Further details on the **JUST TALK** campaign, and a list of support that is available, can be found online at

**WWW.JUSTTALKHERTS.ORG**

# Young people in Hertfordshire told us that 'Tests and Exams' are their number one worry.



We all have **mental health**. Sometimes we feel good, and other times we can feel low or stressed, particularly when facing pressured situations like exams. It's important that all of us know how to handle these situations and look after our mental health.

Check out the **five ways to wellbeing** for some ideas on effective ways to cope with stress

[www.justtalkherts.org/5waystowellbeing](http://www.justtalkherts.org/5waystowellbeing)

## FILM COMPETITION

### 'Coping with exam pressure'

#### Who can enter

Anyone aged 9 – 21, who lives in or attends a school in Hertfordshire.

#### How to enter

Please send us a storyboard (no more than six panels) containing your idea for a short film that is aimed at any of the following groups:

- Other young people
- Parents / carers
- School staff

#### The closing date for entries is

5pm, Friday 29th November, 2019.

### PREVIOUS #JUSTTALK COMPETITION WINNERS

*"I really enjoyed making the film and I'm a lot more confident as a result!"*  
Alex Strazza, Verulam School

*"I entered the campaign because I thought it was important that everyone knew what mental health is and that it's important to speak to people if you're feeling a little bit down."*  
Louis Webb, Richard Hale School

The films, an electronic version of the entry form, and further information about the competition are available here:

[www.justtalkherts.org](http://www.justtalkherts.org)

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