Nutley Family Service Bureau

Is Celebrating Mental Health Awareness Month This May
And Invites Students in Grades 3-6 To Participate in The

"Stomp Out Stigma" Poster Contest

What is Stigma:

Stigma is negative attitudes and discrimination towards people with mental health problems, substance abuse disorders, or people that are different. Stigma makes people feel ashamed to ask for help.

How Can I Help Stomp Out Stigma?

Create a poster to show how you can include others that are different or talk about them using kind words. By stomping out stigma, others won't be ashamed to ask for help! Never underestimate your ability to make someone's life better.

Please write your Student Name, Grade and School on the back of your poster

All entries will hang on a bulletin board in their school.
Exceptional posters may be used for NFSB promotions.

The elementary school with the most participation will win a visit from the Rita's Ice Cream truck!

NFSB will be accepting new and "like new" shoes all month long in donation bins at 169 Chestnut Street.

This contest is in partnership with:

Nutley Police NJ

Nutley Public Schools

GCADA Governor's Council on Alcoholism & Drug Abuse

Township of Nutley County of Essex N.J.

Department of Public Affairs and Health

Follow the Heart of Nutley

NFSB ● 169 Chestnut Street, Nutley ● 973.667.1884 ● www.nutleyfamily.org