

2021



MENTAL HEALTH AWARENESS

Creative Art Calendar

*Featuring winning selections from the 2020 Creative Arts Contest
in which Texans of all ages promoted mental health awareness by
illustrating their unique challenges and successes.*



“Mind Cycle”
Mixed Media
Adult — Honorable Mention
2020 Creative Arts Contest

In painting, I’ve discovered deeply buried stories that I must tell. I draw from memories, which are often incomplete or distorted, yet always infused with intense emotions — from terror to euphoria. While working I think about others going through similar experiences and my heart aches to ease their despair. I paint for them.

When someone sees my work, I hope they connect it to their own narrative and are incited to feel both their vulnerability and their strength.

Mental Health Awareness

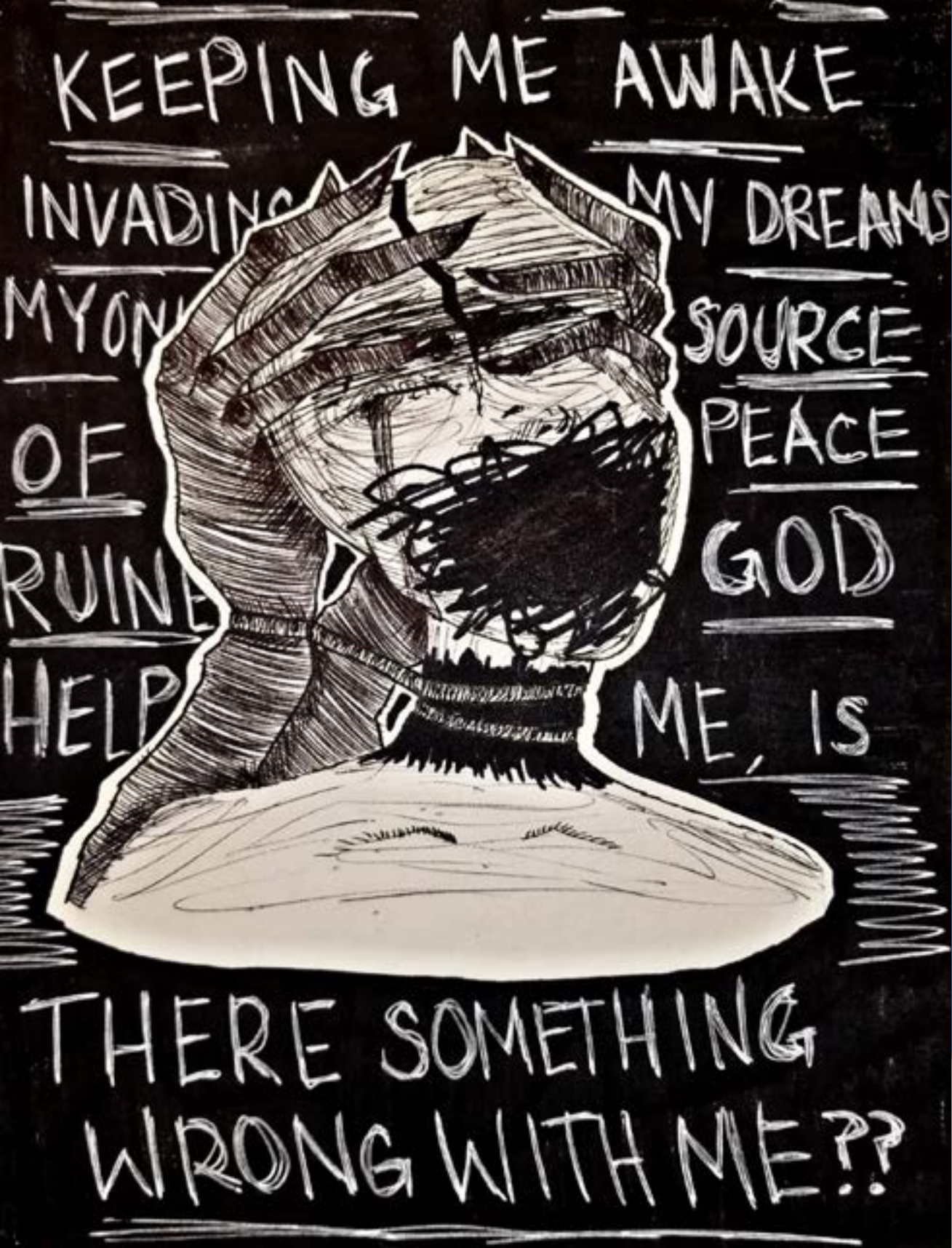
Know the five signs of mental health challenges:¹

- Personality change
- Anxiety, anger or moodiness
- Social withdrawal or isolation
- Risky behavior or lack of self-care
- Hopelessness or feeling overwhelmed

Get help for yourself or a loved one today.

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11 Human Trafficking Awareness Day	12	13	14	15	16
17	18 Martin Luther King Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30
31						



“Anxiety’s Control”
Middle School — First Place
2020 Creative Arts Contest

Living a day-to-day life where you suffer from anxiety can be hard — hard to be heard, hard to fit in and hard to feel loved. I know from experience that it is not fun to go to school and have racing, intrusive thoughts, and feel like your head is being torn apart — like you can’t breathe and all you want to do is scream.

My art style is what I like to describe as “cryptic,” to show how it can be scary, messy and even destructive. The “monster-like” hands represent the grasp anxiety can have on you, hence, “Anxiety’s Control.” It can feel like it’s ripping you apart into pieces. Overall, I want people to know, or get an idea of what anxiety can do to people — not just leg bouncing or being aware at all times.

February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 <small>National Wear Red Day</small>	6
7	8	9	10	11	12 <small>Chinese New Year</small>	13
14 <small>Valentine's Day</small>	15 <small>Presidents Day</small>	16	17	18	19	20
21 <small>National Eating Disorders Awareness Week begins</small>	22	23	24	25	26	27
28	American Heart Month African American History Month					

Mental Health Awareness

Eating disorders affect one in 20 people during their lifetime. They frequently occur in people with other mental illnesses, including depression, anxiety disorders and substance use.

Early identification and intervention are keys to recovery.²

Get help for yourself or a loved one today.



“What We Inherit”
Hand Cut Collage
Adult — Honorable Mention
2020 Creative Arts Contest

Some people inherit money, land or belt buckles. I inherited mental illness.

In this piece, I want viewers to look at the individual strands of DNA and notice that each are strips of paper, cut from images of nature, quilt patterns, music sheets and advertisements. They float upwards to the night sky. They are events and histories that meld into our DNA like any other trait. They inspire both love and hate, pride and embarrassment — passed along and pushed upwards toward the sky with Darwinian stubbornness like branches of a tree. The strength in my family is to continue to survive and thrive with mental illness by latching onto the external influences that inspire us to move forward.

Mental Health Awareness

An estimated 30 to 35 percent of people with intellectual or developmental disabilities also have a mental illness.³

People with IDD experience trauma at much higher rates than people without IDD.⁴

Learn more:
tinyurl.com/yy7jbyp5

If you suspect abuse, call HHS Complaint and Incident Intake:
800-458-9858

March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Texas Independence Day	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Saving Time begins	15	16	17 St. Patrick's Day	18	19	20 First day of spring
21	22	23	24	25	26	27 Passover begins (at sunset)
28	29	30 World Bipolar Awareness Day	31 César Chávez Day	National Nutrition Month Developmental Disabilities Awareness Month		



“Trouble”
Mixed Media
Elementary — Second Place
2020 Creative Arts Contest

My mom gave me paint, different pieces of metal and magnets to make my art. The robot figure represents me looking at my thoughts that are in my head.

April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sexual Assault Awareness Month National Autism Awareness Month				1	2 Good Friday	3
4 Easter Passover ends (at sunset)	5 National Public Health Week begins	6 Sexual Assault Day of Action	7 World Health Day	8	9	10
11	12 National Youth Violence Prevention Week begins	13 Ramadan begins (at sunset)	14	15 Tax Day	16 Emancipation Day	17
18	19	20	21 San Jacinto Day Administrative Professionals Day	22	23	24
25	26	27	28	29	30	

Mental Health Awareness

Mental health is as important as physical health. Take care of both by exercising, eating healthy food, finding time to relax and doing other enjoyable activities.



“Motherhood”
Adult — Honorable Mention
2020 Creative Arts Contest

Becoming a mother was one of the most incredible and challenging milestones of my life. People tell you about how amazing being a mother is — the new baby smell, snuggles, and those sweet baby coos. But there are other moments that aren’t advertised — the pain and loneliness that can come with breastfeeding. The postpartum anxiety and depression that many, many women face.

I created this digital painting to unveil the curtain behind the rawness of motherhood. The 2 a.m. sleep deprived, cluster feeding nights. I wanted the style to be dark, real, honest and beautiful. This piece is meant to resonate with the millions of other mothers in the world who have felt this exact way. I want those mothers to know they’re not alone.

May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mental Health Awareness Month						1
Postpartum Depression Awareness Month						
2	3 National Children's Mental Health Awareness Week	4	5	6 National Day of Prayer	7	8
9 Mother's Day National Women's Health Week begins	10	11 Ramadan ends (at sunset)	12	13	14	15 Armed Forces Day
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Memorial Day World No Tobacco Day	Older Americans Month				

Mental Health Awareness

Around 1 in 8 women experience symptoms of postpartum depression.⁵

Signs and symptoms include worrying or feeling overly anxious, angry or distant from your baby.

You are not alone.
Talk to your health care provider today.



“Temporary Depression”
High School — First Place
2020 Creative Arts Contest

My artwork is focused on the awareness of mental health and how it can affect everyone and doesn’t discriminate based on race, age, social class, gender and much more. It is meant to show the stigma many mentally ill people have to deal with, such as not being taken seriously and being told to be normal like everyone else.

My painting depicts a fair Asian woman with stark contrasts of red and green and tears coming out of one eye to depict the pain and anxiety that she has to deal with. However, her stoic expression with one eye looking normal represents her struggle to remain normal in the public eye. The painting is also meant to be placed upside down like Georg Baselitz’s artwork, because it depicts a lot more emotion and anguish than simply drawing someone crying or bleeding.

Mental Health Awareness

Stigma is a major barrier to people seeking help for a mental health challenge.

Break down the stigma and offer help to those experiencing a mental health crisis. Take a Mental Health First Aid class.

You can help fight stigma. Go to:
mentalhealthfirstaid.org/take-a-course

June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14Men’s Health Week begins Flag Day	15	16	17	18	19Juneteenth
20Father’s Day First day of summer	21	22	23	24	25	26
27	28	29	30	Men’s Health Month		



*“Tears of Anxiety”
High School — Second Place
2020 Creative Arts Contest*

For this piece of artwork I wanted to have convoluted strokes of paint, as well as minimal color to channel the confusion and disorientation that one can feel during a panic attack—when it feels like everything around you is out of order and out of control. You can’t keep your emotions inside your head anymore. Sometimes silent tears are the only rebels leaving your brain.

Mental Health Awareness

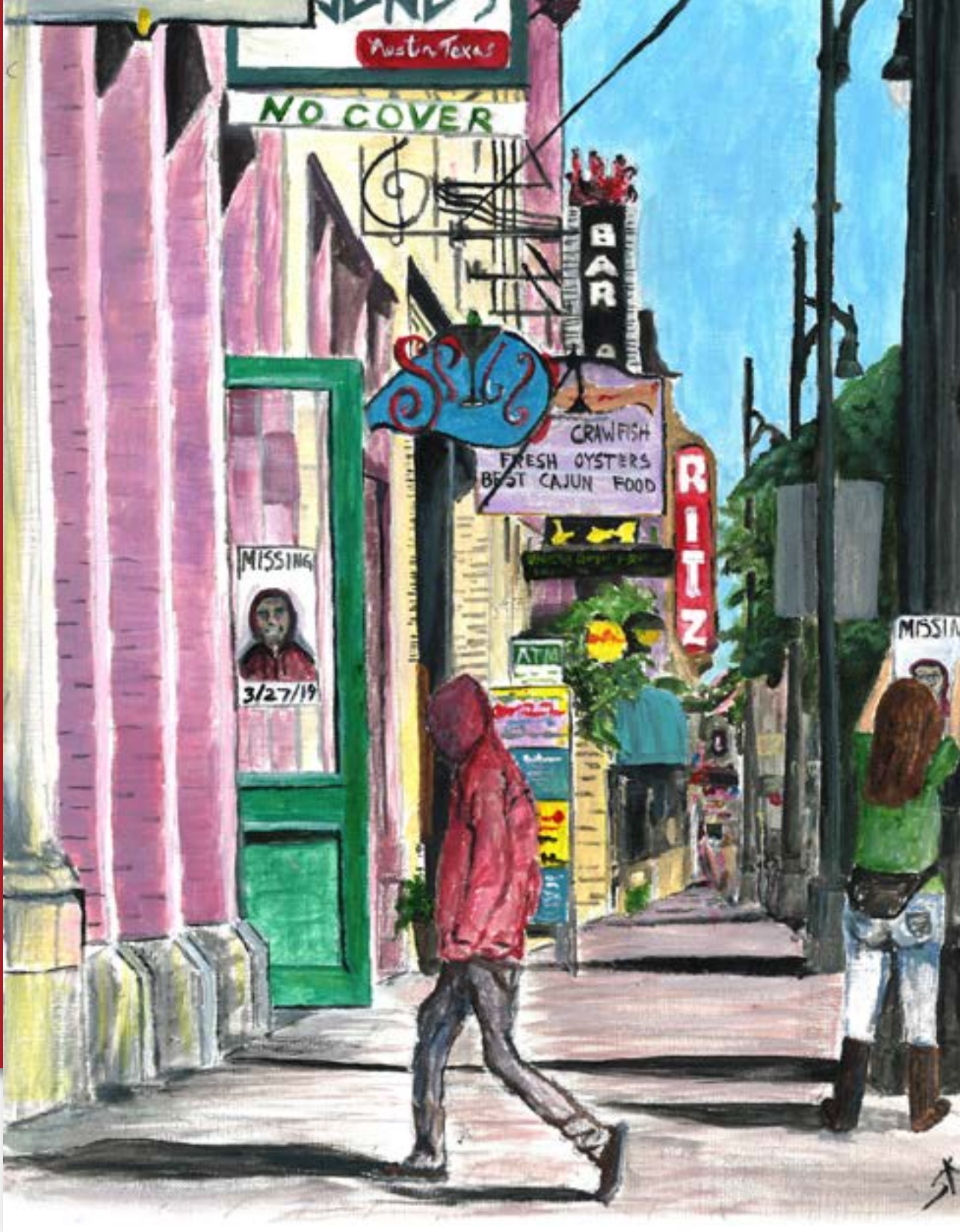
Texas Health and Human Services programs provide support for people with mental illness and substance use disorders through:

- Education
- Crisis helplines
- Counseling
- Support groups
- Financial help

Get help for yourself or a loved one today.

July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Minority Mental Health Awareness Month				1	2	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Parents' Day	26	27	28	29	30	31



“Help Me Help You”
Adult — First Place
2020 Creative Arts Contest

Mental illness runs in my family. My brother has been missing in Austin since March 2019 after having a psychotic break. My brother has severe paranoid delusions and was diagnosed with schizophrenia in 2005. He refused to stay on his medication. My story is one of many.

I would hope viewers would see that mental health not only affects the individual, but the loved ones and families of the individual as well.

August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Women's Equality Day	27 LBJ Day	28
29	30	31	National Immunization Awareness Month			

Mental Health Awareness

The peak ages of onset for psychosis ranges from 15–30 years old.⁶

Signs and symptoms of psychosis include:

- Hearing or seeing things that others do not.
- Unusual thoughts or behaviors.
- Withdrawal from friends and family.
- Becoming fearful or suspicious of others.

Get help for yourself or a loved one today.



“Melancholia ii”
Pen and Ink on Paper
Adult — Third Place
2020 Creative Arts Contest

This person dies a little every time. There will come a moment when there will be no bits and pieces left to sink. An emptiness that can only witness the fragmented corpses of oneself, that once was.

In this cosmic ocean of existence, some of us drown — maybe the current is too strong, maybe it’s too cold, or maybe we’ve been swimming for way too long and are tired from helping others or offering all that we have.

September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Labor Day Rosh Hashanah begins (at sunset)	7	8 Rosh Hashanah ends (at sunset)	9	10 World Suicide Prevention Day	11 Patriot Day
12 Grandparents' Day	13	14	15	16	17 Constitution Day and Citizenship Day	18
19	20	21	22 First day of fall	23	24	25
26	27	28	29 World Heart Day National Women's Health & Fitness Day	30	Hispanic Heritage Month begins on Sept. 15	

Mental Health Awareness

Suicide is the 10th leading cause of death in the U.S.⁷ In Texas it is the 2nd leading cause of death in people ages 15–34.⁸

Of the people who die by suicide, 54 percent did not have a known mental health condition.⁵

If you are experiencing an emotional crisis, call the Suicide Prevention Lifeline: 800-273-8255



“A Burden of Self”
Photography
Adult — First Place
2020 Creative Arts Contest

“A Burden of Self” was inspired by a friend of mine who had confessed that they had tried to end their life. No one knew they were struggling, and it came as not only a shock, but a reality check.

The mask and feather symbolize the burdens we put on ourselves during times of mental anguish. We feel like we’re being a bother by talking to others, so we put on a mask and pretend things are okay. The feather symbolizes the crushing weight of the struggles we face, even if on the surface it still looks like an easy thing to carry. The dancing, carefree nature of the subject on the left and the hunched, defeated nature of the subject on the right are also important parts of this story.

October 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY						
Domestic Violence Awareness Month Hispanic Heritage Month ends on Oct. 15					1	2
3 Mental Illness Awareness Week begins	4 Child Health Day	5	6	7 National Depression Screening Day	8	9
10 World Mental Health Day	11 Columbus Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Halloween						

Mental Health Awareness

Fifty percent of mental health challenges develop by the age of 14 and 75 percent develop by the age of 24.

The challenges of transitioning to adulthood can be made even more difficult by a mental health or substance use challenge.

Finding resources when and where they are needed leads to the best outcomes.



“My Nights”
Oil on Canvas
Adult — Honorable Mention
2020 Creative Arts Contest

I have been battling anxiety and panic attacks for years. I painted “My Nights” in October 2019.

In this painting I have painted myself as a donkey in severe distress. The devils represent my almost nightly panic attacks and the pigs represent my anxieties and how they tear me apart. The church represents hope. I want the viewer to feel anxiety when viewing this painting.

In January 2020, I began to seek medical care. I have been diagnosed with fibromyalgia as a result of my stress, depression and anxiety. I now have a therapist and a psychiatrist. I am on the road to recovery.

November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Election Day	3	4	5	6
7 Daylight Saving Time ends	8	9	10	11 Veterans Day	12	13
14	15	16	17	18	19	20 International Survivors of Suicide Loss Day
21	22	23	24	25 Thanksgiving	26	27
28 Hanukkah begins (at sunset)	29	30	National Native American Heritage Month			

Mental Health Awareness

Depression and post-traumatic stress disorder are the most common mental health issues facing veterans.²

Nearly half of all service members who need help don’t receive it.⁵

If you or a veteran you know is in an emotional crisis, help is available.

Call 800-273-8255, and press 1.



“Beauty Grows from Forgotten”
Mixed Media
High School — Honorable Mention
2020 Creative Arts Contest

*A really rough point in my life.
 Thinking there was nothing to help
 me or make it better.*

*I started receiving anonymous
 letters that you see here, not burnt.
 Another five notes, partially burnt,
 represent what I was told because
 of my depression and preferred
 sexuality. This represents how the
 anonymous letters burned away all
 the negativity. The frame, taking
 something old and making it useful
 and beautiful again, is a T-shirt
 printer frame. I added flowers and
 greenery for depth.*

December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Human Rights Month			1	2	3	4
5	6 Hanukkah ends (at sunset)	7 Pearl Harbor Day	8	9	10	11
12	13	14	15	16	17	18
19	20	21 First day of winter	22	23	24 Christmas Eve	25 Christmas Day
26 Kwanzaa begins	27	28	29	30	31 New Year's Eve	

Mental Health Awareness

Fifty percent of U.S. adults with a substance use disorder also had a co-occurring mental illness.²

However, only around half of these adults received treatment.⁶

For help 24/7, dial 2-1-1, option 8.

***Recovery is possible.
 Get help for yourself
 or a loved one today.***

Information and Resources

Mental health issues can affect anyone — children, veterans, retirees, adults, students, teenagers, people who are homeless and people with disabilities — in any stage of life. These resources can help you find treatment and assistance for yourself or a loved one.

Children and Youth

- Half of all chronic mental illness begins by age 14.⁸
- Suicide is the second leading cause of death for 10- to 24-year-olds.⁸

Find local help:
hhs.texas.gov/services/mental-health-substance-use
Crisis Text Line: 741741
Lifeline: 800-273-TALK (8255)
If you suspect abuse: 800-252-5400

Adults and Older Adults

- Suicide is the 10th leading cause of death in the United States.⁶
- Nearly half of all nursing facility residents have a diagnosis of depression.

Find local help:
hhs.texas.gov/services/mental-health-substance-use
If you suspect abuse: 800-458-9858

Mothers and Pregnant Women

- 1 in 8 mothers experience depression after giving birth.⁵
- Postpartum depression often appears 1–3 weeks after childbirth but may begin during pregnancy or up to a year after birth.

Find local help:
healthytexaswomen.org

People with Intellectual or Developmental Disabilities

- An estimated 30 to 35 percent of people with IDD also have mental illness.³
- People with IDD experience trauma at much higher rates than people without IDD.⁴

Learn more:
tinyurl.com/yy7jbyp5

Find local help:
hhs.texas.gov/adrc

If you suspect abuse: 800-458-9858

Substance Use Disorder

- People with a substance use disorder may demonstrate impaired control, risky behaviors, health problems, or failure to meet major responsibilities at work, school or home.⁶

- About 8 percent of the U.S. population had a substance use disorder in 2014.

Find local help:
hhs.texas.gov/services/mental-health-substance-use
or 877-541-7905

Acquired Brain Injuries

- Brain injury is the leading cause of death and disability in all people under the age of 44.⁵
- More than 146,000 Texans each year sustain a traumatic brain injury.⁸

Find local help:
hhs.texas.gov/brain-injury
or 512-706-7191

Service Members, Veterans and their Families

- About 19 percent of returning service members have post-traumatic stress disorder, depression or a traumatic brain injury.²
- Nearly half of all service members who need help don't receive it.⁵

Find confidential support:
veteranscrisisline.net or
militarycrisisline.net

The National Veterans Hotline:
800-273-8255, option 1
The Texas Veterans App

References

¹ American Psychological Association
² National Alliance on Mental Illness
³ NADD (National Association for the Dually Diagnosed)
⁴ The Spectrum Institute
⁵ Centers for Disease Control and Prevention
⁶ Substance Abuse and Mental Health Services Administration
⁷ American Journal of Psychiatry
⁸ National Institute of Mental Health



2021

MENTAL HEALTH AWARENESS

Creative Art Calendar



“Mind Blown”
Middle School — Third Place
2020 Creative Arts Contest

History of the Mental Health Awareness Creative Arts Contests in Texas

Children’s Mental Health Awareness Creative Arts Contest

The annual CMH Awareness Creative Arts Contest began in 2012 to raise awareness about the importance of children’s mental health as a part of healthy development and to celebrate Children’s Mental Health Awareness Week in May. Each year, children and youth from across Texas submit art — including posters, written material and digital media — illustrating the theme for that year.

Adult Mental Health Awareness Creative Arts Contest

The AMH Awareness Creative Arts Contest began in 2015 as a poetry contest to celebrate mental health awareness month in May. As interest and participation grew, the contest expanded in 2017 to include visual art.

The contest aimed to provide a creative way to start conversations about different manifestations of mental health, struggles and successes that people may encounter, and unique stories of recovery. By personalizing the experience of mental health, we can reduce mystery and raise awareness, encouraging people to seek treatment when needed.

Mental Health Awareness Creative Art Calendar

At Texas Health and Human Services, mental health awareness activities are led by the Office of Mental Health Coordination. To recognize the numerous high-quality entries submitted to the art contests and to promote mental health awareness throughout the entire year, we worked to create and disseminate this calendar to raise mental health awareness. This calendar features winning and honorable mention artwork submitted by children and adults around Texas. As you enjoy the artwork, please use it to start conversations about mental health. Through this art, we hope you will be encouraged to stand up to stigma and help others recognize that all people have value and are not defined by mental health challenges.

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Texas System of Care
Achieving Well-Being for Children and Youth



TEXAS
Health and Human
Services

