



Mike Braun, Governor
State of Indiana

Indiana Family and Social Services Administration
Division of Mental Health and Addiction

402 W. WASHINGTON ST., ROOM W353
INDIANAPOLIS, IN 46204-2739

Mental Health Awareness Month Art Exhibition 2025

During the month of May we celebrate Mental Health Awareness Month. During this month, green ribbons are used to show support of mental health and wellness. Green was chosen due to the historically negative association that was placed on the color. In the 1800s, green was used to label those that were deemed “insane”. This color is now used to fight stigma and represent new growth, new beginnings, and new life.

The Division of Mental Health and Addiction (DMHA) is excited to announce that it is once again hosting its annual art contest! Each artist will have their art judged and have the chance to compete for a cash prize. This year's theme for the art is SAMHSA's 8 Dimensions of Wellness because there are several factors that contribute to a full and satisfying life. The 8 Dimensions are Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual.

The 8 dimensions are defined as follows:

Physical Dimension

- Caring for your body to stay healthy now and in the future

Intellectual Dimension

- Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges
- Expanding knowledge and skills while discovering the potential for sharing your gifts with others

Emotional Dimension

- Understanding and respecting your feelings, values, and attitudes
- Appreciating the feelings of others
- Managing your emotions in a constructive way
- Feeling positive and enthusiastic about your life



Social Dimension

- Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you
- Contributing to your community

Spiritual Dimension

- Finding purpose, value, and meaning in your life with or without organized religion
- Participating in activities that are consistent with your beliefs and values

Vocational Dimension

- Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle
- Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding

Financial Dimension

- Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies
- Being aware that everyone's financial values, needs, and circumstances are unique

Environmental Dimension

- Understanding how your social, natural, and built environments affect your health and well-being
- Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment
- Demonstrating commitment to a healthy planet

For this year's Mental Health Awareness Month Art Contest, DMHA is requesting that artists create work based on one or more of the 8 dimensions shown above. The artist can decide how they want to represent the different dimensions and in what mediums they wish to work.

However, AI art will not be accepted. The prizes will be distributed based on age groups including middle school age, high school age, young adult (post high school to 29 years old), adult (30-54), and older adult (55+). Participants will be required to identify a trusted "Mental Health Supporter" (aged 18 or older) who will be a resource and safe place for the artist to share their project with and who they can go to with mental health concerns.

All artwork will need to be submitted electronically; this can include photographs and/or videos of the work if necessary to meet submission requirements. These projects will be collected and reviewed anonymously by Indiana State employees and submissions that best embody the theme of the 8 Dimensions of Wellness will receive the cash prize and be featured on the DMHA website.

The below resource sheet will give some information related to relationships, including resources and a grounding exercise. This can be used to aid conversations about mental health and provide sources of support for persons needing services. Those that wish to participate in the art exhibition will need to review and complete the Mental Health Awareness Month 2025 Art Exhibition Submission Form and email the form along with a digital representation of their art to DMHAMentalHealthArt@outlook.com Only one submission from each participant will be accepted. Submissions will be due no later than **5pm EST on April 18, 2025**.

Grounding Technique | 5-4-3-2-1

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

5 - LOOK: Look around for 5 things that you can see; say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

4 - FEEL: Pay attention to your body and think of 4 things that you can feel; say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your stomach rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell. It's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep breath to end

Help Lines

Suicide/Crisis Helpline: 988

LGBTQ Support through 988 (Connection to Trevor Project): call 988, press 3 or text "Pride" to 988

Veteran Support through 988 (for Veterans, Service Members and their families): call 988, press 1

Crisis Text Line: Text HOME to 741741

Trevor Project Lifeline: 866-488-7386

Trevor Project Text: Text START to 678678

Suicide/Crisis Helpline (Options for Deaf and Hard of Hearing): dial 988 directly on a videophone or click the ASL Now button on 988lifeline.org

Websites and Resources

Lookup Indiana

<https://www.lookupindiana.org/>

LookUp is a compassionate initiative designed to provide mental health information and reduce the stigma associated with these serious health issues. By connecting those in need with life-saving resources, The Lutheran Foundation desires to deliver community-wide hope and healing.

Suicide Prevention Resource Locator for Youth

<https://www.in.gov/issp/2449.htm>

You don't have to handle your suicidal thoughts by yourself. From reaching out to family, seeking therapy or creating a safety plan, there are options available to you to manage or decrease the pain you are experiencing.

Division of Mental Health & Addiction Consumer Protection Line

<https://www.in.gov/fssa/dmha/2688.htm>

As a consumer of public mental health or addiction services in Indiana, we welcome your feedback. Contact Indiana's 24 Hour Consumer Service Line if you have compliments or concerns about: Services, Treatment, Procedures, Rights, and Policies.