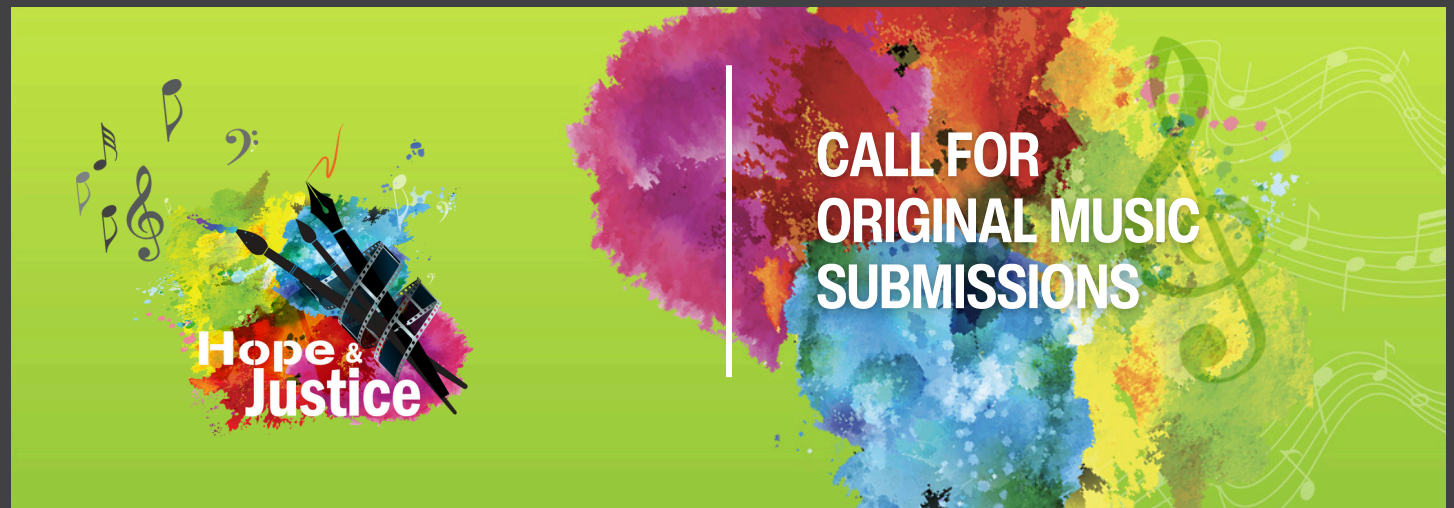




CALL FOR SUBMISSIONS: Original Music

Music is all around us, but it's so much more powerful than we might realize - it can improve our mental health by making us feel connected to others, help us relieve stress, and inspire creativity. Use your creativity to record an original song inspired by the uplifting power of music and the importance of mental health.



Music can be instrumental or include lyrics. For songs with lyrics, **please submit the lyrics in your entry form!**



Prizes include: First place (\$300), Second Place (\$150), Third Place (\$100), and Honorable Mention (\$25) in Amazon gift cards

OPEN TO YOUTH ages 12-25

WIN PRIZES

SUBMISSION DEADLINE:

March 31, 2026

Here are some ideas:

- Music speaks volumes. Songs, films and art can help us open up conversations about what we are feeling. Your song can be about how music has helped you connect with others, make sense of the world or cope with tough times. Visit the [Sound It Out](#) campaign by the Ad Council and Amazon to find songs that talk about specific feelings.
- Listening to music has been shown to boost our mood and provide comfort when we feel stressed or anxious. Think about a time in your life when a song or lyrics brought you comfort when you needed it most. What song would you write to bring someone hope?

Music, like other art, can also help access new perspectives, see and feel differently, and pave the way for positive change. Music has played a role in

- many social justice movements, such as the "freedom songs" of the civil rights movement, anti-apartheid music in South Africa, and anti-Vietnam War music. Create lyrics about the change you would like to see in your community or the world!

