

# 60 Sec. Mental Health, PSA Film Contest!



<https://DirectYourHearts.com>



We believe in the power of film to raise awareness about mental health. Create a 60-second film / or a 30 second animation on a mental health topic. Let your creativity shine and make a difference.

**\*\*Open To All Westfield High School Students\*\***

Judges will select a 60-second (or 30-second animation) mental health film to win \$500 for either a school mental health program or a mental health organization of filmmaker's choice - 501(c)(3) requirement.

- Check out film ideas generated by ChatGPT.  
<https://directyourhearts.com/FilmIdeas>
- Form a group, pick a lead director and sign up here.  
<https://directyourhearts.com/Participant> (Group size is typically 1-4 students).
- Review the judging guidelines and begin your research on the topic.  
<https://directyourhearts.com/Resources>
- Write a draft of your script, shotlist for the film and update your entry form.  
<https://directyourhearts.com/Example>
- Film your shot list and record audio / voice over for the film.  
Film in landscape mode 16:9 with a resolution of 1920 x 1080p.
- Edit your film using Use iMovie / Final Cut Pro /Adobe Premier Rush, etc.  
Export as a mp4 file.
- Submit your film by Nov. 8th - <https://filmfreeway.com/DirectYourHeartsFilmContest>

Watch your email for updates on the contest. Any questions contact [help@directyourhearts.com](mailto:help@directyourhearts.com) or see <https://directyourhearts.com/FAQ>