

T-SHIRT CONTEST



H A S P
HEADWATERS ALLIANCE
FOR SUICIDE PREVENTION

Design a t-shirt for our next Walk for Hope event which raises awareness to suicide prevention and mental health.

THEME:

Focused on Hope, Connection, Awareness, and Support

WHO CAN ENTER:

Any youth under the age of 18

DESIGN GUIDELINES:

- Must be original artwork
- Use black, white, and one additional color of your choice
- Keep designs simple and bold so they print well on a t-shirt
- Designs may include words, images, or both



DEADLINE TO SUBMIT
JULY 31, 2026

**SCAN THE QR CODE TO LEARN MORE
AND SUBMIT YOUR T-SHIRT DESIGN**



HASP HEADWATERS ALLIANCE
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WALK FOR HOPE

SATURDAY, SEPTEMBER 26

8AM - 10AM

PAUL & BABE, BEMIDJI

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of Health comprehensive Suicide Prevention Grant.*

www.UnitedWayBemidji.org/headwaters-alliance-suicide-prevention