



2026 Mental Health Art Contest

The Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council (IIKELC) is happy to announce that this year's annual Mental Health Art Contest (MHAC) is now open. The MHAC is for **Nunavut residents** to create art that is meaningful to oneself and to others. The artwork can inspire wellness in our communities across the territory.

The contest is scheduled to run from **Wednesday, April 15th – Friday, May 15th, 2026**

Theme: Community

The theme for the 2026 MHAC is **Community**. This can be perceived in many creative ways. Here are some ideas that could inspire you, but please do not limit yourself!

- Role Models in the community
- What does your dream community look like
- What do you love about your community
- In what ways can you help your community?
- What does community mean to you?
- What is your favourite community activity?

Community can be a place, or a group where you feel like you belong. You can belong to one or more, and they may be different from each other. A community can be a school, a town, on the land, or a group of people who have similar interests as you or do the same activities as you. A community can also be where or who supports you.

Artists Invited to Participate

Anyone who lives in Nunavut can submit their original art to the contest. The age categories

Preteen	ages	9-13
Youth	ages:	14-17
Adults	ages:	18+

Art Mediums

All forms of two-dimensional (2D) art will be accepted such as:

- Drawing
- Painting
- Watercolour
- Digital / Electronic Drawing
- Original stencil art
- Linocut / Printmaking
- Black/White sharpie drawing
- Collage, and
- Any other 2D art medium

Submissions will be accepted in multiple languages including Inuktitut, Inuinnaqtun, French, and English.

Size & Finishing

SIZE:

Horizontal or vertical art must be **between the sizes of 8.5” x 11” to 12” x 16”**

FINISHING:

Any submission of artwork made with the assistance of Artificial Intelligence (AI) will automatically be rejected.

Avoid writing the artist’s name on the actual submission – this information is included on the Entrant Form.

Judging and Viewing

Judging Criteria
<ul style="list-style-type: none">● A panel of 4 judges with expertise in arts and/or mental health will select the winning entries.● Artist’s interpretation and ability to visually communicate the theme of “Celebration” will be considered in the judging process● Creativity, technical skills and message
Viewing and Ownership
<ul style="list-style-type: none">● Artwork must be an original from the artist and must be relevantly new.● After submitting, please keep artwork in a safe place until winners have been announced.● Artist’s submissions may be displayed on Embrace Life Council’s workplace, mental health and wellness spaces, and on IIKELC social media.● The winning art pieces will be displayed on selected products (TBD)● Once submitted, all art becomes the possession of IIKELC.

Prizes

AGES	Placing	Prize Pool
Aged 9-13	1 st – selects first from Prize Pool 2 nd – selects second from Prize Pool 3 rd – selects third from Prize Pool	A- Airline Ticket Valued B- Fire Tablet C- Scooter + Helmet
Aged 14-17	1 st – selects first from Prize Pool 2 nd – selects second from Prize Pool 3 rd – selects third from Prize Pool	A- Airline Ticket Valued B- A Speaker C- Airpod 4 with noise cancellation
Aged 18+	1 st – selects first from Prize Pool 2 nd – selects second from Prize Pool 3 rd – selects third from Prize Pool	A- Canvas Tent B- Brador Fabrics C- Air Fryer

How to Enter

<ul style="list-style-type: none"> All entrants must complete the attached Media Release Form and Art Entry Form. <ul style="list-style-type: none"> If desired, artists may submit up to three (3) of their original artwork in the contest. Each individual art that is submitted must have its own completed Art Entry Form. Entrants under 18 years of age must have the Media Release Form completed by their parent or guardian. We cannot accept art that features a trademarked logo, or was generated by AI. <i>Photography specific</i> – cannot feature individuals faces without expressed permission 		
Email Submission	Mail Submission	In Person Submission
Submitting by email, all artworks must be photocopied in full colour and size. Submissions may be sent to the following email arts@inuusiq.com	Submitting by mail, please do not fold your artwork. Submissions can be addressed: ATTN: Embrace Life Council 102-350 QUEEN ELIZABETH II ROAD, IQALUIT, NUNAVUT X0A 2H0	Submissions can be delivered directly to the Embrace Life Council office located: 102-350 Queen Elizabeth II Way (CBC Building) Open office hours are 8:30am-12:00pm and 1:00pm-5:00pm

Important Dates & Deadlines

Last Day to Enter: Friday, May 15, 2026 at 3 pm EST.

All art must arrive at the Iqaluit IIKELC office by this date to be considered for judging.

Winners Selected: Week of May 18-22, 2026

The winning artists will be contacted via the details provided on the **Art Entry Form**.

Checklist

Before submitting your artwork, please ensure all forms are completed.

- o Original Artwork
- o Art Entry Form
- o Media Release Form

Questions or Concerns
<p>Any questions or require more information, please email:</p> <p style="text-align: center;"><u>arts@inuusiq.com</u> <i>or phone call 867-975-3233.</i></p>