MARYLAND ARMY NATIONAL GUARD

Essay Contest

Theme:

Steps I Can Take Now to Prevent Suicide

September is Suicide Prevention & Awareness Month

Who: Any Soldier or Loved one of a Soldier may enter. But only ONE entry per person

What: MDARNG understands the unique importance of peer support and the spoken and written word. In recognition of Awareness Month, our theme is: "Steps I can take now to prevent suicide."

When: Entries must be received **AUGUST 24- SEPTEMBER 18, 2015**
Winners announced at the 5th Armory MDARNG Suicide Awareness Walk on Thursday 24 SEP 2015

Where: Entries should be submitted electronically to your Resiliency Coordinator:
ronald.t.lee.mil@mail.mil
Entries should be double-spaced with standard margins and will be judged by a civilian & military panel on:

- Originality and content
- Messaging & composition related to the theme
- Grammar, spelling, and punctuation

Why: Suicide is entirely preventable!

How: Essays must be 300-500 words in length
Entry name, age, contact number and email must be on lower right corner of *each* page.

Winning essays may be posted on selected military websites.

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ALWAYS READY ALWAYS THERE