



# TEENS4TEENS

## LET'S GET PHYSICAL FOR OUR MENTAL HEALTH 2022 MENTAL HEALTH AWARENESS CONTEST WINNERS

Overall State Winner:

Nick Cruz of Plainfield Academy of the Arts and Advanced Studies  
"Mental Health PSA Contest"

Overall State Runner-Up:

SriRidhi Pothu of Bridgewater-Raritan High School  
"There's Always A Way Out, Let's Get Physical"

Central - Regional Winner:

Courtney Kaiser of Bridgewater-Raritan High School  
"Running for Mental Health"

Central - Regional Runner-Up:

Advika Joshi of Bridgewater-Raritan High School  
"Advika's Mental Health Awareness Video"

Southern - Regional Winner:

Emilia Karpel of Clayton High School  
"Mental Health PSA"

Southern - Regional Runner-Up:

Brodie Carey of Clayton High School  
"A Jump in Time"

(The Northern Region did not have entries this year and is therefore not represented in the list of winners.)

**CONGRATULATIONS TO THE WINNERS AND THANK  
YOU TO ALL CONTESTANTS WHO ENTERED!**

**HAVE A GREAT SUMMER AND REMEMBER TO  
GET PHYSICAL FOR YOUR MENTAL HEALTH.**