

Allina Health Change to Chill Video Opportunity

Email maria.null@allina.com if interested!

Care about mental well-being? Like sharing your story with other teens to help them out? Participate in a filming opportunity with [Change to Chill](#), Allina Health's teen mental well-being program! Participants will receive a **\$50 Amazon Gift Card**.

Who: Teens ages 13-19 identifying as

- Black or African American
- Indigenous or Native American
- Latinx
- LGBTQIA+



[@changetochill](#)

When & Where: May through June

- 1-hour virtual onboarding Meet and Greet (**ALL** teens)
- 1.5 hour filming session on **Friday, June 25**
 - Teens identifying as **Black or African American** film at Peavey Park
 - Teens identifying as **LGBTQIA+** film at S. Minneapolis coffee shop (TBD)
- 1.5 hour filming session – Date and locations TBD
 - Teens identifying as **Indigenous or Native American** and **Latinx**

Why:

Teens face a lot of the same challenges. But we know teens also face stressors that are unique across their different communities. Sometimes it can feel like the rest of the world doesn't understand what you're up against. We get it. So we want to create new resources that help other teens feel less alone – and we need your help!