

# THE MENTAL HEALTH CHAMPION AWARD

Honoring the counselors, behavioral health professionals, and faculty advisors high school students count on



## AT A GLANCE

### WHO QUALIFIES

High School Counselors, behavioral health staff, or faculty

### WHO NOMINATES

Students

### TO ATTEND

Nominator & recipient both required at Nov 15

### NOMINATIONS OPEN

August 1, 2026

### DEADLINE

September 30, 2026

### WINNER CHOSEN

October 15, 2026

### ANNOUNCED

Live at the Nov 15 event

### TO NOMINATE

[fcwi.org/nominate](https://fcwi.org/nominate)

## Why This Award Exists

Every year, our community teens share what they wish others understood about their struggles and resilience — and for so many students, one adult at school made all the difference. This award recognizes the high school counselors, behavioral health professionals, and faculty students say showed up for them.

## How It Works

**1**

### Students Nominate

Any high school student can nominate a school counselor, behavioral health professional, or faculty who has made a real difference for them.

**2**

### A Committee Decides

The U Matter oversight committee of mental health professionals choose one winner privately, on October 15.

**3**

### Both Must Attend

The winning honoree and the student who nominated them are both invited to attend Nov 15 to be part of the reveal.

**4**

### Announced Live, Nov 15

The award is presented on stage in front of the full community, with the nominating student present.

## What the Winning Honoree Receives

*Recognition worthy of the work they do every day, often unseen.*

### The Physical Award

#### KEEPSAKE

A well-crafted trophy or plaque, presented live on stage at the One Thing I Wish You Knew Nov 15 event.

### A Circle Magazine Feature

#### SPOTLIGHT

A professionally written feature story on the winner, published in The Friendship Circle's Circle Magazine.

## 2026 Timeline

**AUG 1**

Nominations open

**SEP 30**

Nominations close

**OCT 15**

Winner and Nominator notified privately

**NOV 15**

Announced live at the event

## Why It's Worth Encouraging

It costs nothing to nominate. Encourage your students to nominate the counselor, behavioral health professional, or faculty who showed up for them — the honoree and the student who nominated them will both be recognized live on Nov 15, and the winner will be featured in Circle Magazine.

Nominate at [fcwi.org/nominate](https://fcwi.org/nominate) — takes less than 10 minutes.