MentalHealthForAll > CMHA NATIONAL CONFERENCE 2019

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SEPTEMBER 23-25
Westin Harbour Castle | Toronto

Canadian Mental Health Association — Mental health for all | 100 years of community | Lundbeck | Mental Health Commission of Canada / Commission de la santé mentale du Canada | conference.cmha.ca

Poster Competition Guidelines and Criteria

This year, CMHA is holding once again a Poster Competition during its Mental Health for All (MH4A) Conference. **Participation in the Poster Competition is voluntary**. Posters will be evaluated by a panel of mental health experts (both academic and front-line) as well as persons with lived experience.

Winners will be awarded one of the following 3 prizes:

Gold Poster: $ 500 Visa Gift Card

Silver Poster: $ 250 Visa Gift Card

Bronze Poster: $ 100 Visa Gift Card

To enter the competition please send your poster file in PNG, JPEG, PPT or PDF format to conference@cmha.ca **before 5:00pm on September 16th, 2019**.

Note: This poster competition is only available for those who have been accepted to present a poster at the 2019 Mental Health for All Conference. **We are no longer accepting submissions for poster presentations at the 2019 MH4A conference.**

Poster guidelines:

1. **Size**: no more than 6 feet width and 6 feet length

2. **Font**: there are no specifications for the text/font type and size. However, text should be of sufficient size to be read easily at a distance.

3. **Colours**: there are no specifications for colour, nor any limitations as to the number of colours.

4. **Graphics/Images**: graphics and images can be used on the poster.

5. **Orientation**: posters can be formatted either horizontally or vertically.

Evaluation criteria

Your poster will be evaluated according to the following criteria:

1. **Treatment of the Topic**: Details on the poster capture the important information about the topic and facilitate the audience's understanding.

2. **Organization/Sequencing of Ideas**: Information on the poster is well and logically organized with clear titles and subheadings. All graphics on the poster are related to the topic and facilitate comprehension.

3. **Layout and Design**: All information on the poster can be easily read and identified from a distance.

If you are unsure about what a poster presentation looks like or how to create one, here are a few good sources of information to get you started: Ten Simple Rules for a Good Poster Presentation and Creating a Poster. Here is also a great video tutorial on making an effective poster. **Note**: while most of the online poster presentation guides are geared to the scientific community, the key elements and concepts to creating a poster presentation remain the same for professional posters.