



Newfoundland and Labrador Division

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## ***A Collection of Writings on Mental Illness, Stigma and Recovery in NL: Submission Criteria and Information***

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The Newfoundland and Labrador division of the Canadian Mental Health Association, in partnership with Breakwater Books Ltd., and in collaboration with

- CHANNAL
- Department of Health and Community Services
- Discipline of Psychiatry, Faculty of Medicine, Memorial University
- Eastern Health
- Pottle Centre
- Schizophrenia Society of Newfoundland and Labrador

is issuing a call for essays on the experience of mental illness, stigma, and recovery in Newfoundland and Labrador. Essays will be selected based on the quality of the writing, the perspective from which they are written, and will reflect the diversity of the people of our province. The essays that are selected will be published together in a book.

### **Eligibility Criteria and Rules**

- Submission must be a non-fiction, personal essay that reflects the related challenges and barriers, as well as the hope, recovery, and resilience, of living with mental illness in this province.
- Writer must be a mental health consumer, a family member or caregiver of a mental health consumer, a mental health service provider, or have some other relationship or experience with mental health consumers.
- Writer must be a resident of Newfoundland and Labrador. Newfoundlanders and Labradorians living away from home may write about experiences relating to Newfoundland and Labrador.
- Writer must be 19 years of age or older, or have parental or guardian permission to participate. If under 19, parent or guardian must sign the application form that accompanies the submission.
- Writers must use their real names on the application form as they will be contacted by the publisher for verification purposes.
- Writers have the option on the application form to choose to have their essay published anonymously.
- Only one submission per person.

### **Length**

Essays must be a minimum of 500 words to a maximum of 2000 words.

### **Format and Instructions**

Essays must be accompanied by the application form completed in full. Where possible submissions must be typed, double-spaced, one-sided and printed on 8.5 x 11 inch paper with page numbers. We do not accept email attachment or fax submissions. Entries will not be returned. Please save a copy of your work.

**Deadline: Submissions must be received or postmarked no later than November 28, 2008.**

Please mail or drop off your submissions with completed application form to:

**Submission to Collection of Writings  
Canadian Mental Health Association  
Newfoundland and Labrador Division  
Suite 302, 95 Bonaventure Avenue  
St. John's, NL A1B 2X5**

For more information, please contact:

- Heather Pollett (CMHA-NL) at [hpollett@cmhanl.ca](mailto:hpollett@cmhanl.ca) or call 757-7217, toll free 1-866-509-3937
- Anna Kate MacDonald (Breakwater) at [annakate@breakwater.nf.net](mailto:annakate@breakwater.nf.net) or call 722-6680, toll free 1-800-563-3333