



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Newfoundland and Labrador Division



PRESS RELEASE

Tell Us Your Story

**A Call for Essays on Mental Illness, Stigma and Recovery
In Newfoundland and Labrador**

The Newfoundland and Labrador division of the **Canadian Mental Health Association (CMHA-NL)**, 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

invites you to submit a non-fiction, personal essay on your experience with mental illness, stigma and recovery in this province. You may write from your perspective as a mental health consumer, a family member or caregiver of a mental health consumer, a service provider, or some other relationship or experience with a person who has a mental illness. The essays that are selected will be published together in a book.

Eligibility Criteria

- Writers must be residents of Newfoundland and Labrador.
- Writers must be 19 years of age or older or have parental or guardian permission to participate.
- Writers cannot use pen names. The writers' names and locations will be published.
- Writers can make only one submission.
- Essays must be a minimum of 500 words to a maximum of 2000 words.
- Essays must be accompanied by a completed application form.
- Only those writers whose essays are chosen for publication will be contacted. Essays to be published will be selected by a jury.

Submissions must be received or postmarked no later than August 31, 2008

The full set of criteria and instructions, and the application form, can be downloaded from both the CMHA-NL and the Breakwater Books websites. 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**

Writers' Contacts		Media Contact
Canadian Mental Health Association Heather Pollett Policy Analyst (709) 757-7217 Toll free: 1-866-509-3937 hpollett@cmhanl.ca www.cmhanl.ca	Breakwater Books Ltd. Anna Kate MacDonald Executive/Marketing Assistant (709) 722-6680 Toll free: 1-800-563-3333 annakate@breakwater.nf.net www.breakwaterbooks.com	Geoff Chaulk Executive Director CMHA-NL (709) 757-7215