



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE
Newfoundland and Labrador Division



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Tell Us Your Story

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.**, invites you to submit your story to be published in a collection of writings on your experience with mental illness, stigma, and recovery in Newfoundland and Labrador.

We are looking for personal essays that reflect the related challenges and barriers, as well as hope, recovery, and resilience.

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

The full criteria with instructions and application form can be downloaded from either the CMHA-NL or Breakwater Books website. 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:

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OR

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www.breakwaterbooks.com



Eligibility Criteria

Writers must be 19 years of age or older or have parental or guardian permission to participate.

Writers must be residents of Newfoundland and Labrador.

Writers cannot use pen names. The writers' names and locations will be published.

Writers can make only one submission.

Essays must be between 500 and 2000 words.

Essays must be accompanied by a completed application form.

Essays to be published will be selected by a jury. Only those writers whose essays are chosen for publication will be contacted.