MENTAL HEALTH PROMOTION INITIATIVE

Share Your Story

Submission Guide 2015-2016
What We’re Looking For
We’re looking for people who are interested in sharing their story of how the stigma of mental illness has impacted them. You don’t have to experience mental illness yourself to share your viewpoint—stories by family members, friends and community members are also welcome!

Generally each article we publish should meet the following criteria:

Submissions are to be between 350 and 750 words
750 words is about a page and a half of typed text, single spaced size 11 font. This is only a guideline, but in writing for the web we generally want to avoid more than this length. This length of text will generally lend itself to between 3 and 6 paragraphs of writing.

Submissions are to be understandable in isolation
One piece of writing should not be marked as “to be continued in part 2” and each piece of writing should stand on its own. If you have lots of story to tell, try and break that story into individual observations, each with a singular take-away point for the readers. As we can’t guarantee that visitors to the site will land on the first article in a series, interconnected articles should be avoided.

Names of individuals should be avoided without consent
While you are encouraged to have your writing attributed to your real name, you should avoid naming other individuals within your writing without their consent.

As Anonymous as You Want
While we encourage you to include your real name along with your submission, you should avoid naming other individuals. However if you’d prefer to remain anonymous for whatever reason we can publish anonymously.

We would, however, like to give some basic demographic information about each author so we can show that stigma affects everyone. For example:

  • A story from 2013 by a now senior Engineering major
  • A story from 2010 by a now graduate student in the Law school
  • A story from 2015 by a first year student athlete

We’d like the byline of each article to reflect both the IUPUI campus and a segment of the student population to help our readers identify with the author.
**Review Process**

All submissions are reviewed by professional staff in the Division of Student Affairs and current student leaders in the Office of Health and Wellness Promotion. The small committee will review submissions based on the following guidelines:

- Fewer than 750 words
- No third parties are identified in story
- If anonymous, students supply general campus identifiers (grade, major, sport, etc.)
- Must be a current IUPUI student (Undergraduate or Graduate student)
- Submission supports the objectives of the Mental Health Matters campaign

Staff will set up a time to meet one-on-one with the student that submitted the story to make sure they understand and consent to our office using their story. We will also review to make sure that the student story is appropriate and fits with the purpose of the Mental Health Promotion initiative. This will be a time where students can learn more about services and programs that the Office of Health and Wellness Promotion as well as IUPUI Counseling and Psychological Services offers on the IUPUI campus.

**Important Information**

As a reminder, submissions IS NOT a 24 hour crisis line and is not checked daily. It is not overseen by counselors or mental health professionals. If you are in crisis or in an emergency, please contact a 24 Hour Crisis Line at (317) 251-7575 or call 911.

By submitting the online form, participants will NOT receive any type of clinical diagnosis or treatment. For more information about accessing and getting treatment, visit the IUPUI CAPS website at [http://caps.iupui.edu](http://caps.iupui.edu).

Please let us know if you have any questions or concerns by emailing [HWPindy@iupui.edu](mailto:HWPindy@iupui.edu)
Below are listed two sample ways to form your story:

**Sample Template: Narrative**

**About this template**
The narrative style of post speaks to a single point in time and resolves with the lesson learned or take-away point for the reader. If your overall story has more than one incident and can’t fit into a single article of this type between 350 and 750 words, consider breaking it up into two separate stand-alone posts.

**Layout**

**Title**

**Introduction**
Tip: Start right with the incident you are about to give a narrative for. "It was March, 25th, 2013 in Indianapolis and I...

**Body**
3 to 5 paragraphs

**Conclusion**
Tip: Wrap up with the take-away for the reader. What's the lesson they should learn? **What's the lesson**
Sample Template: List

About this template
List-style posts are popular online as they give the reader an assurance of the length and structure of the article before they commit to reading. An example article may be “3 things I learned about stigma at the office” or “3 ways stigma hurts on the playground.”

Layout

- Title
- Introduction paragraph setting the stage for your list
- Item 1
  - 1-2 paragraphs
- Item 1
  - 1-2 paragraphs