Mental Health & Me Writing Competition



Literature’s love affair with the mind is an age-old tradition where creativity has always been closely entwined with mental distress, yet the subject of mental health is still widely considered a taboo subject. We hope that this competition will challenge the stigma around mental distress by giving entrants the opportunity to explore this topic using traditional &/or alternative forms of writing.  
  
Has mental distress affected you or someone close to you? Are you particularly interested in the subject of mental health?  Are you a carer? Have you worked with people experiencing mental distress & want to share your experience? If the answer’s yes, we’d love to hear from you!  
  
Liverpool’s Mental Health Consortium, in partnership with Writing on the Wall*,* is launching a writing competition to mark **World Mental Health Day** on **Friday 10th October 2014**. We are inviting you to send us an original written response to the expression ‘Mental Health & Me.’ You can send us a poem, a short story, a diary piece or blog post, a letter, a piece of journalism, or even a tweet; yes - a tweet!  
  
  
***Literature is no one’s private ground; literature is common ground; let us trespass freely & fearlessly & find our own way for ourselves* – Virginia Woolf**

# **Mental Health & Me Competition Rules**

# The competition is based around the theme ‘Mental Health & Me’, & will be judged around 6 categories:

* Poetry
* Short stories
* Diary/Blog
* Letters
* Journalism
* Tweets

For each category, there will be a **judging panel** comprising of professional writers, booksellers, librarians, & people with personal experience of mental distress. The winners of **each**category will form the shortlist from which the overall winner will be selected. For specific guidelines on each category, please see **Submission Details.**  
  
**So what will I win?**  
The overall champion of all 6 categories will win the special WoW & LMHC trophy, & book tokens from our independent book store, News from Nowhere! **AND** - The winners & runners-up from each category (including the Top 10 Tweets) will be included in an **anthology, published** by Liverpool Mental Health Consortium & Writing on the Wall. Once the winner has been announced, free hard copies will be available to everyone included in the anthology, & free copies available online.  
  
On the evening of **World Mental Health Day** on **10th October**, all shortlisted entrants will be invited to a celebratory event at **Liverpool Central Library** & will be given the opportunity to read their work to the public. And between you & me ... there will be a special guest to be announced at the event to judge the winner ... watch this space!  
  
**When is the deadline?**  
The competition is now open, from **11th July 2014,** & closes at **5pm Monday 1st September 2014**. **No**entries will be accepted after this date, so make sure you don’t miss out!  
  
**Where do I submit my entry?**  
You can submit your entry via email at [**competition@liverpoolmentalhealth.org**](mailto:competition@liverpoolmentalhealth.org)

**Important:**   
Please ensure you submit your **attachment**(World Files only) & your **entry form.** You can also send your entry by post (**with the entry form**) - See details on form

**Submission Details**

* Entry to the competition is free
* Entrants must be 18 & over
* Entrants must be a resident in Merseyside
* Entries must be typed or handwritten in English
* Entries must be on the theme of ‘Mental Health & Me’
* Entries must be original work of the author
* Entries must not have been published or entered in other competitions
* **Poetry** must not exceed 50 lines
* **Short Stories**must be between 500 & 1,500 words
* **Diary/Blog entries**must not exceed 500 words
* **Letters**must not exceed 750 words (it can be addressed to anyone, but must be signed by the author)
* **Journalism**must not exceed 750 words
* **Tweets** must not exceed 140 characters
* Entrants can enter more than one category, but must not submit more than 1 entry for each category
* Please do not put your name on your work - we only require it for the submission form
* By entering, you are agreeing to have your work shared/included in media or published in the anthology
* Copyright stays with the author
* Successful entrants will be notified by **6th October 2014**
* The judges’ decision is final, & feedback regarding unsuccessful applications will not be provided

**Mental Health & Me**

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| --- | --- | --- | --- | --- |
| Name: |  | | | |
| Date of Birth: |  | | | |
| Gender: | Male Female Unspecified | | | |
| Postal Address: |  | | | |
| Email Address: |  | | | |
| Home No. |  | | | |
| Mobile No. |  | | | |
| Title of Submission Piece | | | | |
|  | | | | |
| Submission Category | | | | |
| (Please tick the appropriate box) | | | | |
| Short Stories | |  | Diary/Blog |  |
| Letters | |  | Tweet |  |
| Poetry | |  | Journalism |  |

**Submission Form**

Please complete this submission form & enclose it in your email along with your entry, & send it to [**competition@liverpoolmentalhealth.org**](mailto:competition@liverpoolmentalhealth.org)

Alternatively, you can post your entry & submission form to: **Mental Health & Me, c/o Writing on the Wall, Kuumba Imani Millennium Centre, 4 Princes Road, Toxteth, Liverpool, L8 1TH**

Please note the closing date for this competition is **1st September at 5pm**. **No entries** will be accepted after this time.