

# ***I Was Talking To a Friend...***

## ***Submission Guidelines***

*I Was Talking to a Friend...* will be an anthology of poetry and personal essays that will share the stories and voices of everyday individuals centered on suicide prevention, mental wellness, resiliency and strength. While there are participant guidelines, this is not a competitive process.

Visual art such as painting and drawing can be included in the anthology as well. Both electronic and print versions will be made available



Proceeds from all sales will go toward beginning to help the MCSP become self-sustaining outside of the state budget.

### **The Backstory Prompt:**

So often we hear someone share that they were “talking with a friend, family member, or colleague, etc.” and the conversation centered on emotional or mental wellness, depression and even suicide. And just as often, the story ends with a positive example of resilience. Other times, it leaves us wishing we had said more. If you had that opportunity, what would you say?

*I was Talking to a Friend* is an opportunity to raise those voices and share them with the world to help others step up and share their stories. It's one small step to help shatter the silence, prejudice and discrimination around mental health and suicide that keeps so many in need of help and support from reaching out to get it.

- Stories shared must be in the first person – your own experience talking to a friend.
- No story is too brief to share but we do ask that submissions be kept under 2000 words.
- Poetry reflecting these experiences is an acceptable option.
- Stories across the lifespan, ages 13 to whatever, are welcome

Format:

- 8 ½ x 11 Microsoft Word document with 1” margins, double spaced, 12 point font
- Poetry may be submitted in the format you would want it published

**Submissions may be sent to: [iwttaf@gmail.com](mailto:iwttaf@gmail.com)**

Or, hard copies can be mailed to: A. Matulis, IWTTAF, 306 Winthrop St. #240, Taunton MA 02780

**DEADLINE for this round of submissions: November 10, 2017.**