

# **MENTAL HEALTH STORIES: PROGRESS, RECOVERY, SUCCESS**

Our purpose is to reduce stigma through broadly communicating mental health stories. It is our idea that sharing your story may be a positive and healing experience for you and other individuals.

**Tell us your mental health challenges and how you (and your friends and family, if applicable), along with your treatment, helped your progress, recovery and success. Write your story in up to 750 words in such a way that it does not include personal identification. (The entry forms will be separated from the stories for judging purposes.)**

Judges will select some stories for an honorarium of \$100.00. Our ratings will be guided by the relevance to the topic, narrative flow, quality of the writing and the engagement of the story. Some honorees may be asked to share their stories in presentations or publications if they are willing to do so.

Entries (entry form and story) must be received in writing or email at CHARG Resource Center, 709 E. 12<sup>th</sup> Ave., Denver, CO 80203-2610; or email at [mhstories@charg.org](mailto:mhstories@charg.org)

**Deadline for entries is October 18<sup>th</sup>.**

Sponsoring agencies are CHARG Resource Center and the Colorado Psychiatric Society (CPS) through the Public Information and Education Committee (PIE).

# ENTRY FORM

## MENTAL HEALTH STORIES: PROGRESS, RECOVERY, SUCCESS

Sponsoring Agencies: CHARG Resource Center and Colorado Psychiatric Society Public Information and Education Committee.

Tell us your mental health challenges and how you (and your friends and family, if applicable), along with your treatment, helped your progress, recovery and success. Give your story a title. Write your story in up to 750 words in such a way that it does not include personal identification.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone(s) \_\_\_\_\_

Email \_\_\_\_\_

**PRESENTATION:** Stories must be typed or printed on 8-1/2 x 11 white, unlined paper, no more than 750 words, with numbered pages. It must be double spaced, correctly spelled and punctuated.

To prevent any possible bias, the writer's personal information will not be available to the judges until honorees have been chosen.

Entries will not be published without express consent of the authors. If you are selected as an honoree and asked for permission to present your story, we will ask you to sign a release form.