

## **Contributor Guidelines**

Thank you for taking the time to consider sharing your story and being a part of offering support for mental health. Contributors are what really make this site a success and helps us to continue to be a relevant force in advocating for the mental health community.

Before you submit any of your work for consideration we ask that you read through and follow these guidelines. Because of the heavy volume of work being submitted please be aware that not all work submitted will be published.

### **First the legal disclaimer kinda stuff**

If you are chosen to be a contributor for Mental Health Pulpit™, LLC. in any form you do so understanding there is no monetization offered as a result of being chosen. Someday we hope to be in that kind of position but for now, all compensation offered is done so in the form of a tag line at the end of your submission with a link to your current site or blog.

All work submitted must be your own. When you submit content to Mental Health Pulpit™, LLC. you do so knowing that the submission is the intellectual property of the person offering the submission and the person submitting the work holds all rights to the work submitted. Plagiarism will not be tolerated.

Submissions do not constitute any kind of legal contract with Mental Health Pulpit™, LLC.

### **Things to help you get your submission published.**

All submissions are to be mental health related.

Stories should be real. If you are offering poetry, fictional pieces, or any other kind of content that is based on creativity and not necessarily fact, that is fine but tell us first.

Check your work for punctuation, spelling, etc. If your work needs a large amount of editing there is a higher chance of not being published simply because the editing team at Mental Health Pulpit™, LLC is really small and wouldn't be able to keep up.

Watch your language. Not just the four letter kind either. One of our core values is to lift others up, not to tear them down. Any kind of hateful or discriminatory speech will not be tolerated! Also please consider the reader when going into detail. There isn't a need to be overly graphic. We understand there is no way to be 100% trigger free but that doesn't mean we shouldn't try.

If your story is also a story shared by someone else please be respectful of their personhood and their privacy. Share your part of the story and let them share theirs when they are ready or choose to do so.

We may need to edit content for clarity. This can be frustrating for the author, but any changes that impact the entirety of the story and overall direction will be sent to you for review prior to publication.

### **If you are under the age of 18.**

The safety and privacy of those under the age of 18 is a very high priority for Mental Health Pulpit™, LLC. At the same time we value the input that adolescents bring to the conversation. If you are submitting content and are under the age of 18 your content is still eligible for use but your submission will be stripped of any overtly identifying markers and your name and photo will NOT be used. These submissions are given a signature of "Adolescent Contribution Age\_\_\_\_"

## **Submissions should follow this format when turned in.**

### **Blog Posts**

Name

Email address

Link to your website or blog (If you do not have one of these that's ok. You are still eligible for submissions)

2-3 sentence bio

Thumbnail Picture of just you

(Content between 500-750 words)

Title

Synopsis

Content

Name as you want it to appear at the end of the post.

### **Creative writing, Poetry**

Name

Email address

Link to your website or blog (If you do not have one of these that's ok. You are still eligible for submissions)

2-3 sentence bio

Thumbnail Picture of just you

Title

Synopsis

Content (5-500 words)

Name as you want it to appear at the end of the post.

### **Visual Arts (Nothing sexually explicit, violent or overtly graphic)**

High resolution image

Title

Medium

Description of piece and what it means to you. (100 words)