

HOW TO BLOG FOR SAMH

We know that first person accounts of experiencing a mental health problem or supporting a family member can connect with the public in a way that statistics and reports never can. That's why we are looking for people who are willing to share their stories with us.

How much you share is up to you and you might prefer to give us an anonymous account that we can use on our website.

If you have started your own blog on a free site like Tumblr, Wordpress or Blogger please share this with us; get in touch communications@samh.org.uk.

We will publish blogs and stories that:

- Are aimed at creating awareness of a particular mental health problem, and breaking down stigma surrounding mental health.
- Are written in a style aimed at the general public.
- Are written in line with SAMH's tone and writing style.

We can't publish:

- Blogs or stories that link to promoting a product or campaign.
- Triggering descriptions of suicide or self-harm.

To note:

- These guidelines are for people who are feeling well enough to tell their story. If you're not sure you feel up to it yet, visit our ['find help'](#) page.
- We may edit your blog to fit with the tone of SAMH messaging, and to ensure a hopeful and inspiring message.

Once you send your blog or story we:

- Aim to get back to you within two weeks. This may include changes and alterations to language. We will not post anything unless you have agreed on content.
- We receive a lot of requests to publish blogs and stories and are not able to publish all on the SAMH website. If you have any questions, get in touch communications@samh.org.uk.

To submit your blog or story, [get in touch](#). The SAMH communications team are waiting to hear from you.