

stem4 Blog Submissions

stem4 are looking for free blog submissions from People of Colour, those from BME backgrounds, and members of the LGBTQIA+ community - on topics surrounding mental health and identity - to include on a new section of our website 'Same Storm, Different Boats'.

Questions to prompt your blog include:

- What are your experiences with mental health?
- Has racism or discrimination had an impact on your mental health?
- Has / homophobia / biphobia / transphobia had an impact on your mental health?
- Do you have a positive story to share about your identity, race or community with regards to your mental health?
- Might people from your community be reluctant to seek help or access GP/therapy? Why could this be?
- Have you experienced discrimination whilst reaching out for support? What was this like?
- How was mental health viewed in your community / family / school growing up?
- Has your understanding of mental health changed over time?
- Has speaking a non-English language impact on your mental health story?

These prompts are just the start... we are open to any topic or story that fits within our blog requirements below and we want to hear from you!

Submission:

Please email your first name, age, and pronouns (if comfortable to do so) alongside a short description of your blog idea to communications@stem4.org.uk. Please include 'Blog Submission' in the subject line. Please do not write your blog until you have heard back from us. Unfortunately, we cannot accept all blog submissions.

Blog requirements:

Please read these carefully or we will not be able to post your piece, even if your blog submission is initially accepted.

These blogging guidelines are for those who feel well enough to share their experiences. If you are struggling with your mental health, please reach out and seek help from a trusted person, mental health professional or your GP. A link to helplines and resources can be found here: <https://stem4.org.uk/further-advice>.

1. Keep within the limits - all blog posts should be 400-700 words. Unfortunately we cannot accept submissions that do not fall within these limits.
2. Keep safe - if your blog is accepted, it will be displayed publicly on the stem4 website. Please make sure you have permission from any individual your story mentions. Avoid mentioning specific places, names and locations.
3. Keep it real - we want you to write about your experiences and viewpoints in a way that is authentic and real to you. You do not have to write in an academic or essay style, and you definitely don't need to be a professional 'writer'. Simply express



yourself in a way that feels natural to you.

4. Keep it focused - try to focus your blog on one particular topic or story. If you can't summarise your post in a couple of sentences, it may be too complicated.
5. Keep it simple - we want as many people as possible to enjoy your piece, so make sure to break it down into reasonable sentences, paragraphs, or even bullet points and lists. Large/long chunks of text can be difficult to follow.
6. Keep it clean - refrain from using any swearing, profanities, violence or graphic descriptions. We want you to be open about your experiences, but please avoid descriptions that may upset or trigger the audience. We cannot accept any blogs that contain specific descriptions of suicide or self-harm. All blog posts will be monitored by stem4 for appropriate and inclusive language.
7. Keep inspiring - try to find a way to maintain positivity by the end of your piece. Think about what advice you might give someone who is in a similar situation to you, keeping in mind that stem4 is a teenage mental health charity. What helped you get through your hard moments? How do you feel now compared to when you were in the midst of a hard time/when you were a teen? If you are an adult, is there anything you would say to your teenage self?

All blog submissions, even the very best ones, will be reviewed and edited by the stem4 team, to make sure they are understood by our audience and are fit for the website. We don't want to take away your voice, but we need to make sure that all our blogs are consistent across the site. If any major changes are made, we will consult you by sending it back before posting it online.

Including your first name is entirely optional. You don't have to use your real name if you don't want to. We understand not everyone wants to talk publicly about their personal life. Just let us know if you would like us to post anonymously, or under a different name.

Looking after yourself:

Whilst we are delighted you would consider sharing your story or your view with some of our readership, our priority is to make sure you remain well. We understand that opening up about yourself can be difficult, sometimes unpredictably so. Please ensure you get support if you feel your mental health or wellbeing is impacted – talk to a friend, or a supportive adult. There are some signposts we provide on our website which can be accessed here: <https://stem4.org.uk/further-advice>.