

## For more details about this competition



See our website [www.advocacyproject.org.uk/poetry](http://www.advocacyproject.org.uk/poetry)



Call Jo Kay on 020 8969 3000



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### Entry form

Please attach this entry form to your poem

Name

Poem title

Email

Mobile / landline

Poem category (please tick the box)

Darkest days

Good days and bad days

Being well

Illustrated poems

Spoken poems

One entry per person. Please make sure the poem itself does not have your name on it. All entries will be included in the exhibition.

The  
Advocacy  
Project

# Healing Words

Photo: Philip Wolmuth



“Writing is a very cathartic experience. It’s a chance to express feelings I had always thought were indescribable” Sarah

## Poetry competition

The journey to wellness and recovery

Closing date  
8 Sep 2019  
5pm

## The competition

We're inviting you to enter a poetry competition run by The Advocacy Project. If you've experienced a mental health problem, or you're a family member or friend of someone who has, we welcome you to send us your poem.

Creativity can help people express themselves during the darkest days of mental illness and throughout recovery. We want to share this with a wider audience to improve understanding of mental health.

We'll be celebrating the unique value of all the entries at an exhibition in October. The judges will also choose a poem in each category that most moved them personally.

### Closing date

8 Sep 2019, 5pm

## Entry categories

**Darkest days...** poems from before the dawn of hope

**Good days & bad days...** poems from the road to recovery

**Being well...** poems about more peaceful times

**Illustrated poems...** poems with illustrations

**Spoken word...** poems spoken by the writer

## Presenting your poem

You can write your poem, record it being read, or film it on your phone. Poems should be no longer than 25 lines.

## Getting your poem to us

Please fill in the entry form overleaf and send it with your poem.



poetry@advocacyproject.org.uk



www.advocacyproject.org.uk/poetry



The Advocacy Project, 73 St Charles Square, London W10 6EJ



Pass it to one of our staff



Recording or film via WhatsApp to 07984 353961

## Judging

The judges include Joanna Scanlan, actress and writer. See Joanna's story and her own battle with mental health at <http://bit.ly/2syI4SE>

**All entrants will remain anonymous from the judges until the award ceremony.**

Joanna Scanlan



## Exhibition & awards ceremony

We're holding an exhibition in central London celebrating all the entries on 1-3 October, and an awards ceremony for winners on 1 October.

## Donations

If you would like to make a donation to support this event or our advocacy work, please contact Saboohi Bukhari.



saboohi@advocacyproject.org.uk



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