

For more details about this competition



See our website 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

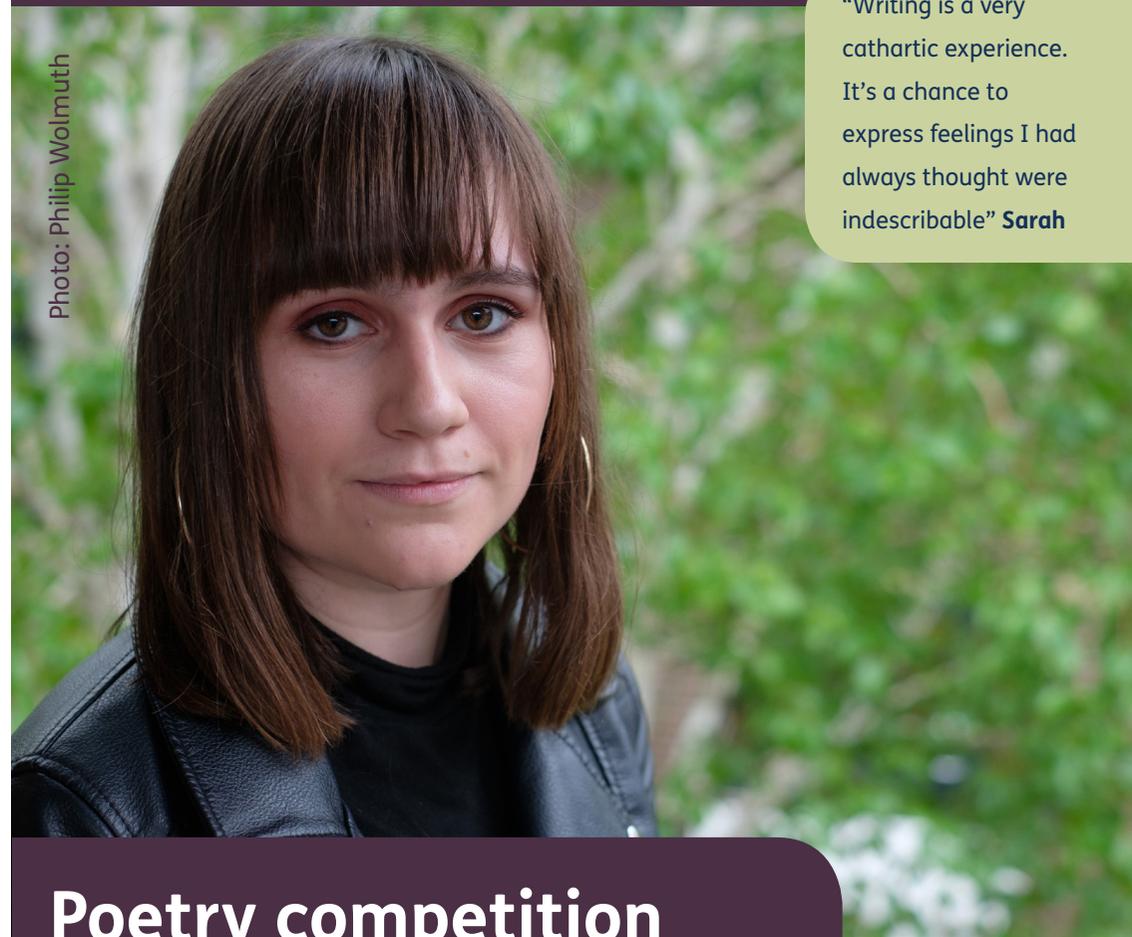
Spoken poems

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.



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



020 8969 3000