

“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

We’re inviting you to enter a poetry competition – open to everyone who has experienced a mental health problem, their family and friends.

Entry categories

- > Darkest days
- > Good days and bad days
- > Being well
- > Illustrated poems
- > Spoken word poems

How to enter

Ask staff for an entry form or get one online.



ask staff for an entry form



www.advocacyproject.org.uk/poetry



poetry@advocacyproject.org.uk



call 020 8969 3000



@TAPadvocacy
#healingwords2019

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