

# **Our Stories Matter: Voices, Visions, and Lives**

## **SUBMISSION GUIDELINES**

### **PROSE or INTERVIEW**

We ask that narrative writers first send us a 300-350-word summary that describes your experience—what happened, what helped, and what you have learned about your voices by October 25, 2020. Invitations to submit full stories or essays will be made by October 15, with finished narratives to be submitted by Sunday, January 10, 2021.

Please note that an invitation to submit a full essay or story does not guarantee inclusion in the print publication. We will, however, make every effort to include your essay/story on the web, if you so choose.

All final submissions should be double spaced, in 12-point font, and under 5,000 words. You can submit only one piece of prose at a time. Works that are already published elsewhere will be considered only for digital republication. Please submit your summary attached as either a Word or PDF document to [info@hearingvoicesusa.org](mailto:info@hearingvoicesusa.org) by January 10, 2021.

### **MUSIC**

We ask that the intent to submit music with a brief description of your plan be submitted to [info@hearingvoicesusa.org](mailto:info@hearingvoicesusa.org) by October 25, 2020. Musical submissions may be from any genre, and may be expressed either as lyrics/spoken word, purely instrumental, or a cappella. All submissions must be original works (No Covers) and must not include any samples from copyrighted material. Royalty-free samples are acceptable with an annotation of the source(s) for verification purposes.

A maximum of 3 musical compositions can be submitted. Each composition should be no more than 7 minutes. Works that are already published elsewhere will only be considered for digital republication. Please send the link to your work to [info@hearingvoicesusa.org](mailto:info@hearingvoicesusa.org) by January 10, 2021

### **POETRY**

We ask that the intent to submit poetry with a brief description of your plan be submitted to [info@hearingvoicesusa.org](mailto:info@hearingvoicesusa.org) by October 25, 2020. You can submit up to three (3) poems at a time. Please include all poems in a single document and title the document with either the title or abbreviated title of each poem. Please include a brief description of your work (with any identifying information) in the cover letter portion of your submission. All submissions should be in 12-point font, and works that are already published elsewhere will only be considered for digital republication. Please submit your poetry in 12-point type, as an attachment in either Word or PDF format to [info@hearingvoicesusa.org](mailto:info@hearingvoicesusa.org) by January 10, 2021

## **VISUAL ART**

We ask that the intent to submit visual art with a brief description of your plan be submitted to [info@hearingvoicesusa.org](mailto:info@hearingvoicesusa.org) by October 25, 2020. A maximum of 5 pieces can be submitted. We require a high-resolution image of your piece; please make sure that all files are at least 2500 pixels high and wide. Please include a brief description of your piece(s) (with any identifying information) in the cover letter portion of your submission. Works that are already published elsewhere will only be considered for digital republication. Please submit your artwork(s) as a high-resolution image to [info@hearingvoicesusa.org](mailto:info@hearingvoicesusa.org) by January 10, 2021

## **GUIDELINES FOR CREATING YOUR WORK(S)**

You may find the following questions useful as you begin your submissions. These questions are offered only as a guide. You don't need to answer them at all. They are simply suggestions to help you reflect upon your experiences and organize your thoughts.

- When did you first begin hearing voices or having other unusual experiences? How old were you and what was going on in your life?
- What was the content of these experiences in the beginning? How did you understand them, and how did they make you feel?
- Throughout your journey, did you want the experiences to go away or did you welcome them? Do these voices or experiences decrease your quality of life-- or prevent you from doing what you would like to do? Do they also enhance your quality of life?
- Did you tell anyone about your experiences? What reaction did you get? Were you listened to and believed? What or who has been helpful to you? What was least helpful?
- What meaning do you think these experiences have? Have your ideas changed about this since your first experiences? How did your life change as a result of these experiences?
- Have you developed some strategies to help you cope with negative aspects of your experiences and increase the positive aspects? Do you feel that you have a relationship with your voices?
- What changes would you like to see in the kinds of support available for people living with voices and other unusual experiences?

The final deadline for all submissions is January 10, 2021.

Thank you! We look forward to seeing/hearing your work!