

Submission Guidelines

We acknowledge that the realities of suicide loss or attempt are challenging, and it may be difficult and take some time to find a hopeful message. Please take a minute to consider whether your story can provide hope, support, and guidance to those who have considered suicide or who have recently lost a loved one to suicide.

If you're ready to share how you found peace or persevered in the aftermath of a suicide loss or attempt, please share your story of hope. Follow the submission guidelines closely and note that submitting your story does not guarantee it will be posted to our social media accounts. Thank you for your bravery and willingness to share and help others.

Disclaimer: Not all submissions may be used during our conference or on our social media. Selected submissions will be notified via email.

Why are there guidelines?

Certain types of content related to suicide can increase the likelihood of suicide in vulnerable individuals. Risk of additional suicides increases when the story explicitly describes the suicide method, uses dramatic/graphic headlines or images, and repeated/extensive coverage sensationalizes or glamorizes a death. For this reason, we have provided evidence-based guidelines to help you draft your story in a way that is helpful to readers and minimizes risk of further suicides.

Written Entries

Entries must be between 250 and 700 words in length and submitted via this [google form](#) before or by 11:59pm EST on September 30, 2021. If you are sharing regarding a suicide attempt, you must be at least one year post your suicide attempt to submit a story.

Video Entries

Entries must be three (3) minutes or less in length and submitted before or by 11:59pm EST on September 30, 2021. If you are sharing regarding a suicide attempt, you must be at least one year post your suicide attempt to submit a story.

By submitting your story, you agree to the Submission Guidelines outlined below.

1. **Answer one of the following questions within your allotted 3 minutes:**
 - a. Tell us about how you were able to cope with the loss of a loved one or ways in which you have been able to proceed through the grieving process.

- b. Tell us about how you or someone you know was able to prevent suicide by identifying the problem and getting help.
 - c. What does hope or resilience mean to you?
2. **Follow suicide messaging safety guidelines:**
- a. Avoid showing or describing suicide methods or locations. We will not share your story if you include this!
 - b. Do not include overly personal details of your loved one or yourself.
 - c. Do not glorify or romanticize suicide. Suicide is not honorable or heroic.
 - d. Do not try to explain suicide as the result of one cause or as inexplicable. Provide any clues or warning signs you observed. Provide context to the story and if mental illness was present.
 - e. Please avoid using outdated terminology that can perpetuate stigma, including “committed suicide.” See more examples:

The infographic features a pink header with the text 'Prevention Matters' and 'Language Matters'. Below this, a blue background contains two columns of text. The left column, titled 'Outdated Terminology', lists: committed suicide, completed suicide, successful suicide, failed suicide, incomplete suicide, failed attempt, and unsuccessful attempt. A red arrow points from this column to the right column, titled 'Stigma Reducing Terminology', which lists: died by suicide, suicide, suicide attempt, and attempted suicide.

- f. Make sure enough time has passed and that you are mentally and emotionally ready to share your story. Sharing your story before you are ready can be retraumatizing and may ultimately be harmful to your mental health.
3. **Share positive outcomes to educate or inspire hope.** Stories of hope means someone has recovered, sought help, or has begun to heal after a loss. Think of the best way to get your message of hope across.
4. **Share any resources** you used and provide those details where possible.
5. **Sign the Media Consent Form** to grant us permission to share this video, if applicable, on our social media page and at our Suicide Prevention Conference. *Not all submissions may be used. Selected submissions will be notified via email.

Video Quality Tips

- Videos can be submitted in the form of a video or audio (MP3) file. We recommend using a high-resolution file.
- Prior to recording, ensure good lighting is available and that you are recording in a quiet space.
- No copyrighted music, video, or images may be used.