

# Be a Part of the Breaking the Silence NM

# YOUTH BLOG

## WRITE ABOUT

## MENTAL HEALTH & SUICIDE

- A personal story
- A book or movie that you read and its impact on you
- An experience that triggered your awareness of the
- reality of mental illness
- Why you think there is a stigma around mental illness
- Other (if you have your own topic please contact us)

## PROCESS

**500 - 800 WORDS**

1. Contact Us ([communications@breakingthesilencenm.org](mailto:communications@breakingthesilencenm.org))
2. Write your blog and a three-sentence biography
3. Send for Review
4. Accept or deny our suggestions
5. Send blog for publishing and let us know if you would like to have your blog posted anonymously or with your name
6. Breaking The Silence NM reviews your blog to ensure it meets safe Messaging guidelines

**In order to ensure the safety of our viewers, we will make the final decision on posting blogs**