



Community Stories. We are stronger together.

In the months leading up to the Mental Health Matters Awareness Walk & Fundraiser, we asked community members to share their stories about mental health and suicide. It is our hope that sharing our experiences will help to reduce the stigma and encourage others to talk openly about mental health.

The walk for 2021 is complete, but we feel that it is important to continue talking and sharing stories all year round to inspire hope and generate support and strength as we relate to one another's experiences.

Whether it is a direct and personal experience or that of a friend or loved one, all experiences and perspectives are welcome. We will publish the stories on our websites and Facebook page to generate community discussions and support for mental health and suicide awareness.

Inquiries and questions can be directed to our main office line at 780-874-9917 or info@libbie.ca.

Submission Guidelines:

As the stories will be affiliated with community organizations, guidelines that have been set in place for writers.

- Stories should not exceed 1 page in length (size 12 font)
- Stories are to be typed and submitted in a Microsoft Word document
- Writers are to use strong discretion when writing content, for example:
 - Not providing specific or graphic details related to a death, as those details may be triggering for others
 - Not providing other individuals names or personal information without written consent
 - Not blaming or slandering other individuals/organizations for shortcomings or personal grievances related to a death (e.g., blaming the RCMP, hospitals, doctors, community members, schools/teachers for circumstances related to a death etc.,)
- Stories should focus on what we can do moving forward to prevent suicides and better support mental health in our communities
- Stories are a way to commemorate and make a tribute to the loved ones that have been lost, and share a positive message or details of that person's life with the community

Important note: Stories will be reviewed by the LYC's Management team to ensure all of the above guidelines have been followed. Stories can be emailed to info@libbie.ca.