

Freedom from Stigma CAMPAIGN

Bulletin
Summer 2004

NAMI NJ Calls for Entries to "Freedom from Stigma Expressive Arts Network Journal"

Individuals of all ages and backgrounds, including people who have experienced mental illness and their family members, journalists, students, mental health professionals and others are invited to submit essays, poems, articles, letters, and stories to the "Freedom from Stigma Expressive Arts Network Journal" to be published in December 2004.



NAMI NEW JERSEY's Journal celebrates recovery, wellness, hope, advocacy and the will to overcome the stigma encountered by individuals and families affected by mental illness. Its title reflects our determination to encourage all who are affected by mental illness to gain well-deserved respect, understanding and inclusion.

Submissions selected for publication in the "Freedom from Stigma Expressive Arts Network Journal" will receive a \$50 award. Each person who submits work will receive a free copy of the Journal. Notification of selection for publication in the Journal will be made in November 2004.

The Pain of Stigma, published by NAMI NJ in 1995, was dedicated to those who have felt the destructive force of stigma.



Cover Art by Mike Merlucci

The value of creativity and self-expression

NAMI NJ founded the Expressive Arts Network in 1993, spearheaded by the late Dara Axelrod, to encourage self-expression, personal growth, networking, advocacy and the understanding of how artists affected by mental illness have contributed to enriching society.

Each entry must include the writer's full name, address, phone number and e-mail (if available), along with a statement giving NAMI NJ permission to publish the entry in the Journal, if selected. Material submitted will not be returned.

Guidelines for Submission:

- 1. A maximum of three submissions per person.**
- 2. Each entry must not exceed 500 words.**
- 3. Deadline for submission is September 30, 2004.**
- 4. Submissions should be made via regular mail to:**

**NAMI NJ Expressive Arts Network, 1562 Route 130,
North Brunswick, NJ 08902.**



For more information contact the NAMI NJ office.