

How Am I Feeling?

Writing Submission Guidelines



Hi there!

First and foremost, thank you so much for choosing to devote your time, energy, and knowledge into a writing submission for our online community. Below you will find notes and information on how to structure your piece of writing. If you have any questions feel free to contact us directly through Email (Contact@howamifeeling.org) with the subject line "WRITING SUBMISSION INQUIRY"

TOPICS

We are currently looking for writing submissions with the following themes:

- Give a realistic look into the healing process
- Aspects of mental health & healing that are not talked about enough
- Stories about personal development
- Stories about your own experiences that you feel inclined to share
- We only allow submissions with tips/advice if they are from a licensed professional

Frequently Asked Questions

- Do you know when my blog post will be published?
We do not have a set time/date for when articles will be published.
- How long can my submission be?
500-1,500 words.
- Can I submit more than one piece? Can I submit something that's been published elsewhere?
Yes and yes!
- Why wasn't my piece published?
Likely due to not following guidelines.
- Is there anything I should avoid writing about?
We do not accept submissions that include gore, self promotions, descriptions of self harm/suicide, or empty platitudes (ex. 'You are enough').

SUBMISSION

Please directly Email us your submission (Contact@howamifeeling.org) along with the following info:

- Name, alias, or anon
- Email address
- Title
- Writing submission (please note any trigger warnings at the top)
- Optional: Author bio, photo, & social media links