

FOR OUR MEN

It's great that you want to write for us and we can't wait to share your words and story with our community!

Please read our guidelines on what and how to submit something to us and we look forward to reading it.

WHAT TO WRITE:

The more personal the better. We want to hear about your life, in your own words!

Some possible ideas:

Facing a difficult medical diagnosis (physical or mental)

How your colleagues/bosses supported you (or didn't) through tough times

Maybe you found a new hobby that really helps your mental health

Perhaps you're a leader who struggles with anxiety

You don't have to be a 'good' writer and you might not have written anything before (certainly not publicly) but we don't judge here at For Our Men! We're just honoured you want to share your experiences with us and others.

WRITING GUIDELINES

Word count: approximately 800 - 1,500 words

STYLE:

- **Be specific with your story.** Don't say you "went through a tough time"; explain why it was tough, how it happened, how you felt about it and how you got through it etc.
- **What can we learn?** Share your thoughts and insights in your difficulties so that another read may be able to learn from your experience. Do you think you ignored some warning signs before a breakdown or that you were thankful you spoke to your mates?
- **Choose a meaningful topic.** Whilst we're sure you had a great time on holiday with your mates, we're keen to hear about how you overcame difficult times in life. Please avoid referencing your business (we don't want sales pitches) in your piece unless given express permission by us beforehand though you can mention it in your bio. **Remember: humanity over pathology...and profit!**
- **Don't include personal information.** We want to hear about your personal experience but please don't include any information such as your address or other information that could make you identifiable (especially if you are submitting your post anonymously).
- **End it on a positive.** Whilst we fully appreciate talking about difficult topics doesn't naturally lend itself to positives, try and think about what you got gained that experience. Did you realise that your work/life balance was out of sync? Or it helped you appreciate your friends a little more? What lessons could a reader take from your experience?
- **Write anonymously or publicly.** We understand that discussing personal experiences can make us feel vulnerable so we give you the option to publish your piece with or without your name. If you're happy to write publicly, please include a small bio (less than 100 words) at the bottom of your piece. If you wish to publish anonymously, please state this as the bottom of your submission and we will use your first name only.

FINISH:

- Whilst we can offer light proof-reading and editing, we ask that you can do as much of this yourself before submission to avoid delays. We're not looking for perfect grammar and spelling just a common sense approach to it!

HOW TO SUBMIT

For general submissions, please send your piece in Microsoft Word to submissions@fourmen.com with the **title of your piece in the subject line**.

Please note we may change the title of your piece to better reflect the article contents once we've read it.

For police submissions, please follow the same guidelines but add **POLICE** to your subject line.