



Being
Belonging
Becoming



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Appartenir
S'épanouir

NISA/Northern Initiative for Social Action is a registered not-for-profit charitable organization in Sudbury, Ontario, which offers a number of opportunities for mental health consumers to focus on their own individual talents and gifts and discover their own recovery path.

The Annual BrainStorm Contest is intended as a fundraiser for its literary magazine, *Open Minds Quarterly*, as well as a way of supporting people with lived experience of mental illness by awarding prizes to the top three winners.

Learn more at www.nisa.on.ca
and www.openmindsquarterly.com



The 13th Annual
BrainStorm Poetry Contest
for mental health consumers

First Prize \$250 • Second Prize \$150 • Third Prize \$75
PLUS publication in *Open Minds Quarterly*

January 2 – March 13, 2015

NEW!

ENTER THE CONTEST ONLINE!
Go to www.openmindsquarterly.com

Organized by

Northern Initiative for Social Action
36 Elgin Street, 2nd Floor • Sudbury ON P3C 5B4 • Canada
(705) 222-6472 ext. 303 • www.nisa.on.ca

The 13th Annual BrainStorm Poetry Contest

for mental health consumers and survivors

First Prize \$250 • Second Prize \$150 • Third Prize \$75

Contest Rules & Regulations

The contest is open only to consumers/survivors of mental health services* internationally. It aims to eliminate the stigma associated with mental illness by showcasing the talents and creativity of individuals living with mental illness.

The contest opens Friday, Jan. 2, 2015 and closes at 4 p.m. on Friday, March 13, 2015. All entries must be received by 4 p.m. and payment must arrive with entry. Entries will not be returned. Eligible poems will be blind-judged by a consumer/family panel.

Poetry about the experience of mental illness is welcomed; however, all subjects are acceptable. Poems are judged on poetic merit: originality, creativity, how well it changed or provoked readers' thoughts, how well it was written, the effective use of imagery and sound devices, writing mechanics, and whether the poem maintained a sensation after it was read — the latter a critical factor in the final round of judging.

The top-three winners will be published in an upcoming issue of *Open Minds Quarterly*, NISA's literary journal,

and publicized during Mental Health Week in May 2015. Winners will receive three copies of the issue of *Open Minds Quarterly* in which their work appears. Entries receiving honourable mentions may be published in subsequent issues of *Open Minds Quarterly*. The judges' decisions are final. Monetary prizes will be awarded in Canadian dollars.

Authors retain the rights to their writing and, after the contest, are welcome to submit their poems to *Open Minds Quarterly* for regular review.

To be eligible, each entry must:

- be written in English;
- be accompanied by an entry form (for every three poems entered);
- arrive with your entry fee;
- **NOT** have any names or identifying marks (put your name *only* on the accompanying entry form);
- be typed;
- be printed on 8.5" x 11" or A4 paper, one poem per page;
- be no more than 30 lines in length;
- *not* include any drawings

or images;

- arrive at NISA by Friday, March 13, 2015, 4 p.m.;
- arrive by surface mail, hand delivery or through the online submission form (no faxes or e-mails).

Entries will be ineligible if:

- poems have already been published or accepted for publication by *Open Minds Quarterly*;
- entry fee payment is returned due to insufficient funds;
- the rules listed above are not followed.

Disqualified entrants will not be notified of disqualification.

NISA staff and board members are ineligible for entry.

Entry Fee

The online entry fee is \$12.00 for up to three poems. If you are mailing in your entry, the fee is \$15.00. Do not send cash in the mail. Cheques or money orders must be made payable to **NISA** or **NORTHERN INITIATIVE FOR SOCIAL ACTION**; credit card payments can be sent via PayPal.com to info@nisa.on.ca, but please include your payment confirmation with your mailed entry form.

The 13th Annual BrainStorm Poetry Contest Entry Form

This form can accompany up to three poems. Please fill out an additional form for every three poems you submit. You may photocopy this form or download another copy at www.openmindsquarterly.com or call 705-222-6472 ext. 303. You can also enter your poems immediately online. Go to www.openmindsquarterly.com to access the online submission form.

Save \$3
+ postage
when you
enter online!

NAME: _____ TEL: _____

ADDRESS: _____

CITY: _____ STATE/PROV: _____

POSTAL/ZIP CODE: _____ COUNTRY: _____

E-MAIL: _____

TITLE(S) OF POEMS (up to three):

a. _____

b. _____

c. _____

For Office Use:

ENTRY # _____

ENTRY # _____

ENTRY # _____

I have read the contest rules and regulations for the 13th Annual BrainStorm Poetry Contest. I understand that I must be a consumer/survivor of mental health services in order to enter this contest. By entering this contest, I give Northern Initiative for Social Action and *Open Minds Quarterly* permission to publish my entry and my name in the event that I am declared a winner.

Signed,

(Your Name)

(Date)



Mail this form with your entries and entry fee to:

BrainStorm Poetry Contest
c/o Northern Initiative for Social Action
36 Elgin Street, 2nd Floor, Sudbury ON P3C 5B4
CANADA

DOUBLE-CHECK
Is your payment
made out to NISA?

* A consumer/survivor of mental health services is anyone who has experienced mental health difficulties or illness.