

About the Anxiety UK Blog

We are passionate about getting the nation talking about anxiety, stress and anxiety based depression, and we would love for you to be involved! Our Anxiety UK Blog is a dedicated platform for open and honest conversations, where people can share their own experiences with others.

Facing mental health issues is something that can feel quite lonely or isolating for many people, but we don't believe that anyone should have to face anxiety, stress or anxiety based depression alone. Being able to read real life stories from real people going through similar experiences to your own, is one simple thing that can have a huge impact. Blog posts can also raise awareness and help people to understand about other people's lives in a range of valuable ways. If you are interested in submitting a blog post, please see the guidelines below!

What are my steps to having a blog published with Anxiety UK?

Step 1: Take a look through our list of upcoming topics (below) which gives an idea of the themes we would like you to cover and identify which you'd like to write about (writing a blog on one of our identified topics *may* give your blog a better chance of being selected).

Step 2: Spend time planning your post and think about the key things you'd like to include

Step 3: Draft up your blog post in a word document format (between 200-500 words)

Step 4: Check your blog against our dos and don'ts (see below) to ensure it complies with our guidelines (if you want to promote a product or service, our advertisement and sponsorship opportunities are likely to be more appropriate see:

<https://www.anxietyuk.org.uk/advertising-sponsorship-opportunities/>). Blogs that don't comply will not be considered.

Step 5: Check for spelling and grammar. (We will not accept posts that require extensive editing.)

Step 6: Include a royalty free or own image and include the credit for this.

Step 7: Include a short biography with a picture of yourself (which must be of suitable resolution) and why you are writing with us at the bottom of your post. If you would prefer to remain anonymous or have your name changed when the blog is published, this is not a problem - please just make this clear within your email to us.

Step 8: Check your blog against our final checklist and submit this completed alongside your blog.

Step 9: Email your blog submission to us at blog@anxietyuk.org.uk. You will receive an automated response advising that your submission has been successful.

Step 10: Wait to see whether you have been successful in having your blog submission published. Due to the volume of submissions that we receive, we are unfortunately unable to reply to submissions, however, we are very grateful to everyone who takes the time to send us a post in.

Step 11: If your blog submission is selected to be posted on our blog, our team will get in touch with you to let you know the good news of when it will be published.

Please note – we will normally make some edits to the original posts we receive, simply to ensure we have a consistent format across the blog.

Topic suggestions

Here are some ideas of topics to write about in relation to anxiety, stress and anxiety based depression:

- Your experience of receiving support through Anxiety UK
- Your experience of fundraising with Anxiety UK
- How food and nutrition affects your mood
- Exercise
- Tips to manage anxiety and stress
- Exams and university
- Workplace anxiety
- Panic attacks
- Experiences of therapy
- Living with different types of specific anxiety
- Activities that help you manage your anxiety

Blog writing Guidelines

Please do...

- Use your own personal experience
- Think about and focus on how your blog can help someone else
- Ensure you are writing in appropriate language for a national charity's blog
- Use Anxiety UK resources to cross check your facts or link to relevant Anxiety UK pages
- Ensure you have checked your spelling and grammar
- Ask someone else to read over your blog before submitting if possible
- Have a look at previous published blogs to understand our accepted formats
- Ensure you have a supporting picture and biography at the bottom

We won't publish if you...

- Are using content that has already been published elsewhere
- Promote your own business, product or venture unless with prior agreement as a paid advertorial (see our advertising rates card for more details)
- Use strong triggering language or descriptions of self-harm behaviours.
- Include links to other websites or your own blog
- Discuss specific medications
- Include opinions on mental health services, political issues or campaigns
- Include any personal contact details (e.g. telephone numbers, email addresses)
- Exceed the given word limits outlined
- Include factual content that has not been properly and thoroughly researched

Please note that if your blog doesn't comply with our Dos and Don'ts it will automatically not be published with us.

Anxiety UK Blog Final Checklist

Please use this checklist to make sure your blog is compliant before sending it over.

- My blog is in line with a suggested AUK topic.
- My blog is original content which has not been published elsewhere
- I have proof-read my blog to check it makes sense.
- I have checked the spelling and grammar.
- I have included an image with my blog and have the permission to use this image.
- I have included a short biography and image (if you wish) with my blog.
- My blog is between 200-500 words in length.
- I have checked all the facts in my blog thoroughly.
- My blog doesn't include triggering language or descriptions of self-harm.
- My blog doesn't contain links to other websites unless specifically outlined and paid for as an advertorial blog.
- My blog doesn't promote any other businesses, products or ventures unless specifically outlined and paid for as an advertorial blog.
- My blog will help support educate other people experiencing a similar situation.
- I have looked to see if Anxiety UK resources or information could be used to support my blog.

If you've checked off all these points you are ready to submit. Send your final blog to blog@anxietyuk.org.uk

Comments policy and general house rules

The Anxiety UK blog is about facilitating conversations and it's great to see people commenting on the blog, sharing their own thoughts and experiencing, and exchanging stories. When you are commenting on the Anxiety UK blog, please bear in mind that we have a clear policy on commenting, which we outline below:

Do:

- Always be respectful of other bloggers and commenters
- Comment on how particular blog posts have helped you
- Explain how you can relate to the stories that have been shared in blog posts
- Feel free to share advice you think may help others

Don't:

- Post offensive, abusive, defamatory, threatening, harmful, explicit or triggering content
- Advertise any commercial products or services
- Include any personal contact details (e.g. telephone numbers, email addresses)
- Discuss any specific medications
- Include repetitive or off-topic content
- Don't post excessively long comments - save these for when you submit your own blog post!

Please be aware, we reserve the right not to publish any comments that we feel are unhelpful to the ongoing conversation or that do not adhere to the guidelines outlined above.

Commenting procedure:

There are a few simple things that are important to be aware of when you are commenting on a blog post. When you comment on a blog post:

- You will be asked for your name and this will be included next to your comment – you do not have to use your real name, feel free to use a pseudonym.
- You will be also be asked for your email address. We will never publish your email address on the blog. The reason we ask for this is that if we need to contact you regarding your comment, we will use the email address you have provided.
- All comments are subject to approval by Anxiety UK team, before they will be published on the website, so it may take a number of days for the comments to be added to the post.

Please note: Anxiety UK reserves the right to republish and re-use any comments posted on the blog, within other areas of our works. This includes (but is not limited to) using the comments within our social media posts, leaflets and posters, Anxious Times magazine, and annual report. Any comment that we do use in this way will not include your name or any identifying information. If you have any question about this, please email us at blog@anxietyuk.org.uk.