**Suggested Blog Post Guidelines on STEP UP Westmoreland Website**

Blog posts on the STEP UP Westmoreland website are a unique feature to incorporate the many voices of our community. Authors can write a blog post about any issue directly related to mental wellness and can focus on personal experiences, professional knowledge, or tools and techniques to share with our website visitors. We strongly encourage STUDENTS, THERAPISTS, EDUCATORS and PARENTS to submit content so we have unique and varied perspectives.

Each month, STEP UP Westmoreland features one topic to share specialty information, so if you submit a blog, we may wait to publish your blog post until the identified month.

**If you would like to submit a blog post, please keep these guidelines in mind:**

* A 1000 word limit is ideal for this blog; 1000 thousand words can be read in less than 5 minutes.
* If you’re sharing a personal story, please protect the confidentiality/identity of others, and please focus on sharing your own story or experience.
* If you’re a professional, please feel free to indicate the name of your agency or organization.
* When you write your blog, consider adding links to two or three online resources that could further provide information/support for the topic you’re addressing.
* Consider adding two or three suggested coping skills or techniques that readers may be able to use on their own.

**To get started:**

1. Go to [https://www.stepupwestmoreland.org](https://www.stepupwestmoreland.org/).
2. Click **Log in** in the upper right corner of the page and log into the site.
   * If you don’t have an account, create one by clicking **Log in** and then click **Sign Up**.
3. Click the **Blog** **tab** from the top menu bar and scroll to the bottom of the page.
4. Enter your name, email, mental health blog topic, and then click **Submit**.
5. The site administrators will review your suggested topic and, if approved, you’ll receive an email inviting you to write your blog, which can include images, videos, and #hashtags.
6. Email your completed blog to [STEPUPblog@wiu7.org](mailto:STEPUPblog@wiu7.org) along with any images or videos.
7. The site administrators will review your blog within one to two weeks. The team will let you know if there are any needed edits and when your blog will be posted on the STEP UP Westmoreland website.

Thank you for your interest in and commitment to decreasing stigma, increasing knowledge and education, and being a valuable stakeholder within our community!