

**Contribute your bit!**

# **WE'RE LOOKING FOR...**

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Short messages (max. 8 lines)  
written for persons dealing with  
mental health concerns.

Messages (prose/poem) should  
convey your sense of respect,  
empathy & hope as well as your  
commitment to fight stigma of  
mental illness

**Email your entries latest by 30th, April 2019  
to [positivepsychology.nimhans@gmail.com](mailto:positivepsychology.nimhans@gmail.com)**

"Do your little bit of good where you are;  
it's those little bits of good put together that overwhelm  
the world." ~ Desmond Tutu

## Notes

The messages should be original/written by you.

All the shortlisted messages will be used to create an e-booklet for dissemination to persons with mental illness as well as other stakeholders. Your names will be acknowledged along with your entry in this e-booklet.

The decision of the positive psychology team will be final about shortlisting of entries. The entries may be edited, if needed.

Please mention your full name, city, age & occupation when sending your entries.

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Please use this subject line in your email:  
'My Entry - Doing my bit'

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Email your entry by 30th April 2019 to  
[positivepsychology.nimhans@gmail.com](mailto:positivepsychology.nimhans@gmail.com)

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