STAMMA writer guidelines

Firstly, we'd like to say thank you for offering your time and talents to STAMMA, the British Stammering Association, and our website.

Thanks to your articles and personal experiences, we can provide people who stammer with a website that offers both informative, entertaining and inspiring content, as well as creating an environment where they feel comfortable enough to share their thoughts and seek help should they need it. Without your writing, our site wouldn't exist at all, so all submissions are hugely appreciated.

Below are some writing guidelines to help you with your submissions:

- Our tone is conversational – like to chatting with friends or social media connections. Tell your story in your own words. We are non-judgemental and like to add humour, irreverence and realism to our content. We want to encourage people to talk and seek help if they need it, so we feel that we should be talking with them, not at them.

- All articles should stay under 800 words unless otherwise requested by the editor.

- Avoid what might be perceived as lecturing or telling readers what to do. Different therapies, treatments and tools work for different people, so we're looking for articles about your life and experiences, e.g., 'this is what I did and this is what happened for me'.

- We do not accept copy that might be perceived as offensive, defamatory or bullying in tone.

- Avoid making libellous statements about others and other therapy/course providers. Debate around therapy methods is allowed, as long as any criticism is respectful and made in a constructive way.

- Please provide at least one high-quality image of yourself to accompany the article.

- STAMMA is a charity with a clear remit and responsibilities to our service users and supporters. Please be aware that your views and ideas are your own and not those of STAMMA. Ensure to make this clear if offering your opinion/advice in your articles.

Please note:

- By submitting your work to STAMMA, you agree to allow a third party permission to sub-edit your work to ensure that the article's tone and length are appropriate.

- Once an article is published, we like to share it on our Twitter, Facebook and Instagram channels. If you are not OK with this, let us know.

- We have a high number of submissions for the website, so unfortunately it might not possible to publish all articles received.

Once an article has been submitted, we will get back to you within a few working days. For any further info, please email editor@stamma.org