

CREATIVE NONFICTION

True stories, well told.

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FOR IMMEDIATE RELEASE

New Writing Workshop Seeks True Stories of Mental Illness

Pittsburgh, PA—October 16, 2015—For Writing Away the Stigma, twelve individuals who have confronted the challenges of living with mental illness will learn narrative techniques and learn to write their true stories in a workshop series led by Lee Gutkind, founder and editor of *Creative Nonfiction* magazine.

Starting this January, participants will study with Gutkind free of charge to conceive, write, and revise their stories over the course of five weekly sessions taking place in Pittsburgh, PA. They will give a public reading in May, and showcase their work at local events to promote mental health awareness. Application materials are due November 30, 2015.

“What’s great about the project is that it breaks the silence that has prevented children and adults in our community from getting the support and treatment that they need,” says Michelle McMurray of The Pittsburgh Foundation, which teamed up with the Creative Nonfiction Foundation to sponsor the project. “CNF’s approach of sharing the stories publicly encourages dialogue between those with and without mental illness.”

Fellows who participated in a previous iteration of the project shared their stories with Mental Health America of Allegheny County and the Children’s Mental Health Network; a complete collection of their work, *Writing Away the Stigma: Ten Courageous Writers Tell True Stories About Depression, Bipolar Disorder, ADHD, OCD, PTSD & more*, was published by In Fact Books in 2013.

“We believe that one of the most important tools we have for combating stigma—by making it clear that mental health difficulties are not so unusual, and by helping people appreciate others’ experiences more fully and compassionately,” says Gutkind, “is telling true stories.”

Find more information at creativenonfiction.org/writing-away-stigma-0

Lee Gutkind is the author of many creative nonfiction books about healthcare, including *Stuck in Time: The Tragedy of Childhood Mental Illness*, for which he appeared on many national radio and TV shows, including *Good Morning America*. He is currently Distinguished Writer in Residence at the Consortium for Science Policy and Outcomes at Arizona State University. www.leegutkind.com

The Creative Nonfiction Foundation pursues educational and publishing initiatives in the genre of literary nonfiction. Its objectives are to provide venues, including Creative Nonfiction magazine, for high quality nonfiction prose; to serve as the singular strongest voice of the genre; and to broaden the genre’s impact in the literary arena by providing an array of educational services and publishing activities. www.creativenonfiction.org

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**For interview requests and other media-related inquiries, please contact:
Hattie Fletcher | (412) 688-0304 | fletcher@creativenonfiction.org**