



# Voices of Academia

Improving mental health and wellness in academia by giving you a voice.

**Thank you for agreeing to contribute an article to the Voices of Academia blog, and joining us in working towards improving mental health and wellness in academia. Below you will find useful information about your blog submission.**

## **About Us:**

Voices of Academia, or VoA, (@academicvoices on Twitter) was founded in 2020 to help improve mental health and wellness in academia by Dr Marissa Kate (@DrMarissaKate) and Dr Zoë Ayres (@zjayres). We are both passionate about raising awareness of people's experiences in academia and creating cultural change in academia.

We created Voices of Academia to bring together the voices of academics across the globe to discuss mental health and wellbeing in academia. Research has shown that academics – be that undergraduates, PhD researchers, professional staff or professors – frequently struggle with mental ill-health. We believe that sharing honest accounts of life in academia, or our 'voices', we can help members of our community realise they are not alone.

## **Our Aims:**

- To normalise conversations about mental health and mental illness in academia, and highlight that many people experience mental health concerns, from early career researchers to more senior academic staff.
- To provide a voice for academics to share their experiences and encourage cultural change based on these experiences.
- To amplify marginalised voices and support practical changes in higher education to create a culture of inclusivity and equity.
- To promote wellness, exploring different strategies that will lead to better experiences within academia.
- To create a sense of community through story-telling, vulnerability, and connection.

## **Your blog post:**

Your blog can cover any issue relating to mental health or wellbeing that influenced your experience in academia, e.g., how you coped with stress, how you managed a mental or physical chronic illness, a positive relationship with a PhD advisor, environmental factors that affected your wellbeing while an early career academic, etc. We also are interested in existing best practices that have helped you maintain mental wellness during academia that could be shared with others.



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## **Blog length:**

A typical blog is approximately 1500 words in length. We will consider a minimum of 1000 words and up to a maximum of 3000 words for your VoA blog post. We will, however, be flexible with this on a case-by-case basis, making sure you have enough space to talk through your experiences. We ask you to be as concise as possible to communicate your valuable experiences the most effectively with a wide audience.

## **Author Code of Conduct:**

*You (the author):*

1. Acknowledge that submitted work must not contain any plagiarism and should not have been published in any form or languages elsewhere, without our knowledge.
2. Agree to give us full rights to your written account to publish and promote on our Blog and our social media channels (X/Bluesky/LinkedIn) account.
3. Note that you should avoid any untrue statements about an entity (person or institution), including descriptions of actions and behaviours that may be considered personal attacks or allegations. If this is found to be defamation, the responsibility lies with you, the author.
4. Agree to include an Artificial Intelligence (AI) statement acknowledging **all** use of AI in creating and/or editing the blog.
5. Agree to turn drafts round within the prescribed time or communicate a delay quickly with the VoA team.
6. Agree to connect privately, before publicly, if an issue should arise.
7. Acknowledge any use of Artificial Intelligence in creating or editing your blog.

*We (the blog curators):*

1. Reserve the right to refuse publishing a blog post on the grounds that it does not align with our key aims; fundamentally goes against our core values; contains details that may be considered defamation; or does not meet our quality standards.
2. May remove the blog post without warning if the blog is found to poorly received by the community for clear reasons we have not previously flagged.
3. May refuse to publish a blog if it appears to be AI-generated and/or not based on genuine lived experience.
4. Agree to be flexible with timelines where appropriate.
5. Agree to connect privately, before publicly, if an issue should arise.

## **Our commitment to Diversity and Inclusion:**

We are committed to diversity and inclusion in the broadest sense and will be transparent around any decisions made to reject blog proposals that we receive.



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## Blog submission Guidelines for Authors



### 1. Submit your blog proposal

Submit a blog proposal directly through the "Contact Us" page on our website, or by emailing us directly at our email address: [contact@voicesofacademia.com](mailto:contact@voicesofacademia.com).



### 2. Confirmation of acceptance

Within two weeks we will be in touch to confirm that your blog proposal is within scope.



### 3. Write and submit your blog draft

With a standard deadline of one month, we will now ask you to write your blog post, giving you a deadline date. Any questions can be directed at us during this time.



### 4. Copy-editing of blog draft

We will copy-edit your blog post, checking for consistency, spelling, and that the blog aligns with our aims. An edited version will be returned to you within six weeks.



### 5. Edit and address comments

On receiving the edits we ask you to address the edits and comments and then return your amended blog post to us within two weeks. More time can be given if requested.



### 6. Final review

The editors will make final edits on your blog (where required) to create a final draft, making sure both parties are happy before publishing your article.

**The above guidelines are standard procedure but are not prescriptive and we may deviate from them if needed. If you have any questions about the blog submission process, please do not hesitate to reach out – our aim is to make the blog writing process as easy as possible.**