



Stella Adler Academy & Theatre, in association with
PlayGround-LA and PlayGround San Francisco...

Invites you to submit a short-form play in competition for...
A three-performance run and a \$50 dollar prize.

Performances will be the weekend of Sept. 9-11 at the Stella Adler in Hollywood
in accordance with National Suicide Prevention Week

Six plays will be selected from the submissions.

The plays are to explore the themes of Suicide Awareness and Suicide Prevention.

(Please see the accompanying pdf produced by the American Foundation for Suicide Prevention, which will provide some guidance on how these issues may best be addressed.)

Selections will be announced on or about July 15, directors will then be assigned and casting will commence in August. A three-week rehearsal period is anticipated.

To apply, playwrights must submit a maximum ten-page double-spaced script (previously produced scripts are not eligible) **via email to: prevention@stellaadler-la.com** as Portable Document Format (.pdf) attachment. Applications must be received by 11:59pm, PST Tuesday, JUNE 21, 2016. The script must have the playwright's name, address, email and phone number at the top of the first page of the script and include a detailed cast breakdown, and all pages must be numbered. GUIDELINES FOR FORMATTING may be found at PlayGround-LA (<http://playground-la.org/submit/> then click on 'submission formats').

For further information on the subject of Suicide Awareness and Prevention, please visit these websites:

<https://afsp.org> (American Foundation for Suicide Prevention)

(<http://www.suicidology.org/about-aas/national-suicide-prevention-week>)

For further information about Stella Adler-LA or PlayGround, please visit:

<http://www.stellaadler.la>

<http://playground-la.org>

<http://www.playground-sf.org>

SPEAKING OUT About Suicide



Telling your story can save lives, but only if you share it safely.

Speaking out about suicide loss and suicide attempts is critical to prevention. Sharing your story lets people know they are not alone and shows them recovery is possible. If done well, you will encourage people at risk to seek help. Unsafe sharing, however, can do more harm than good.

DO

Be at a safe place in your recovery. Reflect on your own frame of mind. As a general guideline, wait at least one year after the attempt or loss before speaking.

Define key messages. Your story should not simply express pain. Your goal should be to educate and inspire hope.

Practice. Speak slowly, and time your talk to fit into the overall program.

Present the narrative. Emphasize the journey. Talk about both before and after the loss or attempt, and how you've healed since.

Know your audience. Consider who you will be talking to (e.g., students, clinicians, survivors) and tailor your remarks.

Be honest and comprehensive. Do not focus solely on the loss or attempt. Include the full range of your experience, both the positive and the negative.

Provide mental health resources for your audience to take home, like the National Suicide Prevention Lifeline or AFSP's website.

AVOID

Avoid phrases like "commit suicide" or "successful attempt." These phrases perpetuate suicide's stigma and moral judgment. Preferred terms: ended life; died by suicide; killed him/herself.

Avoid details about suicide methods. It is okay to reference the method, but details can prompt copycat suicides.

Avoid simplifying suicide. Reducing the attempt or loss to a single cause fails to educate the public about the many warning signs and risk factors that can signal an attempt.

Avoid glorifying suicide. Portraying suicide as honorable or romantic can influence vulnerable individuals to view suicide as a viable option.

Avoid portraying suicide as an option. Suicide is not a rational backup plan or coping behavior.

