



Overnight Blog Submissions

- Avoid talking about suicide method
- Avoid using the phrase “committed suicide”
- Use the phrase “mental health conditions” rather than “mental illness”
- Be real, but ultimately share a message of hope

Photo Specifications

- Photos should be as high-resolution as possible
- Try to use a clear, not blurry photos
- Please only send photos where you are following the rules of the Overnight (i.e. not on your phone while walking)