



AMPERSAND MAGAZINE ART SUBMISSIONS GUIDELINES

We provide a platform for professional and amateur creatives to showcase their work relating to mental health wellbeing. We're looking for original art that inspires, challenges, engages and empowers. We focus on content that promotes self-care, mindfulness, wellbeing and positive mental health in order to empower our readers and make them feel less alone.

We often need artwork to accompany specific written pieces – if you would like to hear about these opportunities please join our contributor mailing list or our & Creatives Facebook group.

SUBMISSIONS PROCESS

- **Submit:** Use our submissions form to send us your piece or pitch for consideration.
- **Initial feedback:** We will get back to you about whether we think your idea might be suitable for and helpful to our readers. We aim to respond within 4 weeks.
- **First draft:** If you submitted a pitch, get creating and submit your artwork to our team. We'll review your piece and get in touch with any feedback.
- **Publication:** We'll schedule your work on our website and/or our digital magazine and promote it across our social media channels. We'll let you know when it's scheduled and would love you to share it on social media.

HOW ART IS PUBLISHED

- Paired with a written submission
 - We will let you know which piece we're hoping to pair your artwork with to ensure you are happy with this before publication.
 - We can also include a caption from you to accompany your work if you wish.
- As a standalone piece
 - In this case, we prefer to include an artist's statement. This might explain what inspired you, why you created the piece, what you learned from it etc.
- Art/photo series
 - If you have an idea for a series, or have already created one, then please submit an example image and explanation of the concept using our submissions form.

ARTWORK SPECS

- **Resolution:** 300dpi print resolution
- **Size:** Portrait: A4 (210mm x 297mm), landscape: A3 (297mm x 410mm)
- **Format:** JPG, PNG or PDF
- **Layers:** Please ensure all layers are flattened
- **Colour:** Uncompressed RGB colour (we will compress to CMYK if we need to)
- **File Name:** YourName(Pen_Name)_ SubmissionTitle_Date_ Medium
 - E.g. SarahSmith(Art_Person)_MoonSeries_Aug2019_Photo

SENSITIVITY

We need to ensure every piece is safe for our readers, and that nothing we publish might be triggering, increase stigma or be unhelpful to our readers. This is a very nuanced topic, and we continually review best practice from organisations including The Samaritans, Beat, GLAAD, Race Forward and the National Union of Journalists, to inform our decisions.

We are aware that interpretation of art is subjective and try to be conscious of how different people may interpret a piece – we will always err on the side of caution when a piece may be open to negative interpretation.

We will **NOT** publish artwork which:

- Depicts **suicide, self-harm, abuse, brutality** or people in (acute) **distress**
- Includes extreme depictions of **weight**, or numbers relating to **weight** or **calories**
- May be considered **discriminatory**, especially in depictions of large groups of people
 - This includes, but is not limited to, anything which could be considered ableist, acephobic, ageist, anti-Semitic, body-shaming, classist, colourist, ethnocentric, fatphobic, Islamophobic, misogynistic, queerphobic, racist, sexist, swerfist, terfist, or transphobic
- May be considered **defamatory, libellous, or abusive**
 - This includes images that may cause harm or distress to another individual or organisation, and inappropriate or negative portrayals/caricatures of anyone
- Features **outdated language**, or words that have historically demeaned people with mental illnesses or disabilities
 - E.g. “crazy”, “psycho”, “idiot”, “stupid”, “retard”, “handicapped”, “wheel-chair bound” and “crippled” unless you have reclaimed “crippled” in a meaningful way
- Includes photographs of recognisable people without model release forms
- Includes artwork by third parties without explicit consent from the artist

We are unlikely to publish artwork which:

- does not meet our house style (i.e manga style, overly dark in colour)
- is low-resolution (lower than 300dpi)

COPYRIGHT

By submitting your work, you are granting us the non-exclusive right to publish your work on our website, digital or printed magazine, for our advertisements, and on social media. You, as the creator, retain the copyright. This means you can still use your artwork and submit it to other magazines. Please ensure you are not infringing on anybody else’s rights or privacy by submitting your work to *Ampersand*. **You must hold the sole copyright to any work you submit.** Please let us know if your artwork has previously been published anywhere else.

If you have any questions at all please get in touch via info@theampersandproject.com – our team are always happy to help!