**Instructions for Writing a Blog for the ICMH-SG**

The **International Child Mental Health – Study Group (ICMH-SG)** is a global network of researchers and practitioners dedicated to promoting and advancing **cross-cultural research and best practices in child and adolescent mental health (CAMH).**

***Why blogging?***

Blogging allows us to share ideas and research in an accessible way, reaching a wider audience beyond academia. It fosters connections, encourages feedback, and can spark new ideas or collaborations, all while reinforcing our own understanding.

A regularly updated blog is vital to our ICMH-SG’s mission, providing a dynamic platform to share cross-cultural insights, highlight local innovations, and engage practitioners, researchers, families, and communities—particularly from underdeveloped and developing regions. By featuring accessible content, the blog will promote the exchange of knowledge, tools, and best practices, supporting capacity building and empowering individuals working in diverse settings. It will also raise awareness of global inequalities in CAMH, advocates for inclusive solutions, and showcases the impact of collaborative efforts. Through regular updates, the blog will enhance the visibility of ICMH-SG, foster transparency and trust, and strengthen global dialogue and collaboration—ultimately advancing more equitable and culturally sensitive research and practice in CAMH worldwide.

Thus, blogs can be of any content related to CAMH. The idea is to have blogs written by anyone, us actively engaged in the ICMH-SG up to now, our teammates, colleagues, patients, or community members.

**This is a short guide to help you structure your insights, research, reflections, and experiences in CAMH via a blog. You choose how to make it authentic and impactful.**

**🎯 What Makes a Great ICMH-SG Blog?**

Your blog post should:

* Reflect **cross-cultural perspectives** in CAMH.
* Be **accessible** to a wide, global audience—including practitioners, policymakers, students, and communities.
* Offer **insight, reflection, or evidence** from your research, practice, or lived experience, but also from your team or workplace.
* Embrace the **ICMH-SG values** of collaboration, inclusion, and open communication.

**🎯 Who can write an ICMH-SG Blog?**

Anyone starting from:

* Practitioners (e.g., psychiatrists, psychologists, therapists, counselors) sharing real-world experiences and best practices,
* Researchers offering insights from studies, new findings, and thought leadership,
* Community members (e.g., parents, caregivers) sharing personal stories and perspectives on mental health,
* Advocates and policymakers discussing initiatives, challenges, and solutions for improving mental health services.

**1. Choose the Type of Blog You Want to Write**

**🎨Educational blog**

A blog containing up-to-date educational information related to CAMH from relevant studies. Most people will have to read several articles in search of relevant information and this blog could give a short review of it with the most relevant references. Here we translate complex research and clinical concepts into accessible information for professionals, students, or the public.

**Examples:** “Side effects of medications in young children”, “Theory of mind as a therapeutic option in autism”

**🔬 Project blog**

*A plain-language summary of your research/project or of your team.* It gives you a comfortable way to share your research in a clear, accessible way. Most people outside academia—like those in media, policy, or industry—will only read this version of your work, not the journal article or more. By explaining what you did, what you found, and why it matters, you can reach a broader audience and even guide them to your full paper if they want more.

**Examples:** “What We Learned from Screening for ADHD in Rural Clinics”, “Youth Voices in Post-Conflict Mental Health Policy: A Study from Colombia”

**💬 Comment blog**

An evidence-based response to a trend, issue, or news event. Here you may want to comment on an important story which does not necessarily draw on your own research, but on your experience.

**Examples:** “How the Pandemic Exposed Gaps in School Mental Health in the Global South”, “Rethinking Diagnostic Tools for Refugee Children”

**🗒️ Reportage blog**

Reflections from events, field visits, reading, or collaborative experiences. Here you may share insights from what you’ve read, observed, attended or alike that may interest others.

**Examples:** “Reflections from the ICMH-SG Summer Institute”, “5 Books That Changed How I Think About Trauma and Culture”

**📝 Experience blog**

Focusing on real-life insights, challenges, and lessons learned or experiences you and/or your team had that relate to cross-cultural research and practice in CAMH.

**Example:** “Navigating Mental Health Support for Adolescents in Rural Bangladesh: A Personal Journey”, “What Working with Indigenous Youth in Canada Taught Me About CAMH”

**2. Plan Your Blog**

Ask yourself:

* **What is the topic?** Be specific and focused.
* **Why am I writing this?** To inform, reflect, inspire, or connect.

**Who is my audience?** Practitioners? Students? Policymakers? Other researchers?

**3. Structure Your Post for Clarity and Flow**

Blogs are more flexible than academic papers, but still need a clear structure.

**Suggested format:**

* **Title** – Clear, engaging, and specific.
* **Opening paragraph** – State the main message and hook the reader early.
* **Main body** – Break into sections using short paragraphs, bullet points, or subheadings.
* **Closing** – Summarize your insight or offer a reflection or call to action.

🛠 Tip: Put your most important point on the top. Many readers won’t scroll far.

**4. Keep It Accessible, Inclusive, Timely, and True**

We write for a **diverse, global audience**—so clarity and simplicity are essential.

✅ Use plain language. Do not worry about English, we will edit and improve  
✅ Explain acronyms and cultural context  
✅ Avoid unnecessary academic jargon  
✅ Write in your own voice—professional but warm

✅ Ensure that the data is relevant and timely

✅ Give true facts and avoid any speculations; your opinions clearly marked as such

✅ Do not plagiarize others – cite when needed

**5. Make It Engaging and Visual**

* Add **images**, **videos**, or **infographics** to illustrate key points
* **Link to papers**, projects, collaborators, and data (with proper citations)
* Include **your name, affiliation, and social media** (optional)
* Always **credit media sources**

**6. Reflect the ICMH-SG Ethos**

When blogging for or with the ICMH-SG, consider:

**🌍 Cross-Cultural Relevance -** How do context and culture shape your work? What can readers learn across regions?

**⚖️ Equity and Inclusion -** Does your post reflect the voices of children, families, or communities? Are you highlighting work from underrepresented settings or groups?

**🤝 Collaboration -** Mention partnerships, co-authorship, and collective insights. If applicable, invite others to respond or collaborate.

**📣 Impact and Engagement -** What change do you hope this post might inspire? How does it contribute to practice, policy, or future research?

**7. Send for Publishing**

When you’re ready:

* Submit your text to Dejan Stevanovic @ [stevanovic.dejan79@gmail.com](mailto:stevanovic.dejan79@gmail.com).
* We will polish it, send it back to you for approval, and only after will publish it via our site <https://www.icmhsg.org/>. Afterwards, we will share it on social media, tag you and collaborators, and engage with readers.