

**The Mental Health Awards 2026**



**Inspirational Story Entry Form**

This form is to be used for entries for the Inspirational Story category. The judges want to hear about people who’s lives have been affected by their own or other people’s mental health and how they have used this.

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| Your Name: |  | Organisation (if applicable): |  |
| Email: |  | Phone: |  |
| Address: |  | | |

**Person nominated**

Their name:

Their contact details:

**Category (please select one)**

Inspirational story (under 18) - lived experience – an individual who has overcome their own mental health difficulties

Inspirational story (under 18) - affected by mental health – an individual whose life has been affected by someone else’s mental health journey

Inspirational story (over 18) - lived experience – an individual who has overcome their own mental health difficulties

Inspirational story (over 18) - affected by mental health – an individual whose life has been affected by someone else’s mental health journey

**Global awards** - Please tick if this is a non-UK based entry ☐

**About your entry**

1. Please use this form to nominate someone for the inspirational story in the mental health awards, you are allowed to nominate a maximum of three people (on separate forms).
2. You will be asked about their story and how this is inspirational. For example, they made a recovery and used the experience to join an organisation to help hundreds of others. This is unlikely to be just a simple story of recovery, so they may have overcome huge adversity or challenge in the process.
3. Please evidence why they should win this category (please complete a separate entry for each person you wish to enter – photographs are allowed) and return to [awards@tickaccreditation.com](mailto:awards@tickaccreditation.com) before 30th May 2026.
4. Appendices are allowed as evidence of what you put in your entry, but do not constitute part of your main entry (e.g. you may append data, research or articles that you refer to).
5. Entries for the category must not be self-nominated, nor sent from the individual, nor should an individual pay or instruct a third party to nominate them.
6. They should include views from different people/organisations wherever possible.
7. Shortlisted nominees for the Inspirational Story Category will receive a complimentary seat at the awards ceremony, in the case they are under 18 years, then this will include an additional seat for a chaperone or parent/carer. Nominees not shortlisted will not be contacted and feedback will be provided to the entrant. The list of shortlisted entries will be advertised.
8. Winning entries are displayed on our website at www.thementalhealthawards.com, please indicate any sections you would not want publishing.
9. Winners may enter again, but cannot enter in the same category for 2 years. In the event of a re-entry to the same category, then it is expected that the entry will refer to the progress since the first award. Non-winners are able to re-enter the same category (or others), however it is expected the entry will have been updated from the previous entry.
10. See guidance at https://thementalhealthawards.com/entry-guidance/

**Exclusion Declaration** – Please confirm that this is not a self-nomination or that you haven't been commissioned or requested by the individual to nominate themselves. Publicists, marketers and award writers are not able to nominate their client in this category.

|  |  |
| --- | --- |
| Name/signature |  |
| Date |  |

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| Provide a short summary (max 150 words) of the individual and their contribution for use if they are shortlisted. |
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| Introduce the context or background of their story in the space below |
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| Describe in the space below their mental health or well-being story. |
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| Describe in the space below how this story is inspirational (e.g. that they have had a massive impact on others or policy). |
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| What do other people say about this person? |
|  |

Please return the entry to awards@rootofit.com before 30th May 2026.