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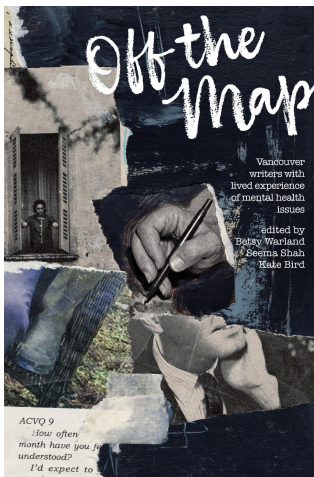
**New anthology featuring Vancouver writers with lived experience of mental health issues
launches during Mental Health Awareness Month**

Vancouver, BC - Available May 1, 2025, this anthology of nonfiction, fiction, and poetry aims to bring diverse and distinctive voices to the literary landscape. Edited by Betsy Warland, Seema Shah, and Kate Bird.

- Available May 1, 2025, at <https://bellpressbooks.com/product/off-the-map/>
- Book launch: June 7, 1 - 4 pm, Alice MacKay Room at VPL Central Library
- Editors and select contributors are available for media interviews
- May is Mental Health Awareness Month

**OFF THE MAP: VANCOUVER WRITERS WITH LIVED EXPERIENCE OF MENTAL HEALTH
ISSUES, edited by Betsy Warland, Seema Shah, and Kate Bird**

Off the Map, an anthology featuring writers from Vancouver, British Columbia, with lived experience of mental health issues, aims to bring diverse and distinctive voices to the literary landscape. Works of creative nonfiction, fiction, and poetry on a wide range of subjects showcase unique storytelling styles and forms, offer fresh and fascinating perspectives, and are told with compelling honesty, inventiveness, and compassion.



"Off the Map is an orchestra of richness and compassion"
—Lindsay Wong, author of *The Woo-Woo* and
Tell Me Pleasant Things about Immortality

*"Humour abounds in this multi-genre collection that packs
surprise and insights within the circuitous strategies of
literary craft"*

—Kevin Spent, author of *A Bouquet Brought Back from Space*

About the Editors:

Betsy Warland is the author of fourteen books of creative nonfiction, memoir and poetry. Manuscript consultant, editor, mentor and teacher, she has been dedicated to emerging writers. She received the City of Vancouver Mayor's Award for Literary Excellence in 2016.

Seema Shah is a self-taught visual artist and writer with lived experience of mental health issues. Her creative nonfiction has been published in literary journals and anthologies, shortlisted for the Canadian Lesbian & Gay Archives' Narrative Essay Contest and the Surrey International Writers' Conference Contest, and longlisted for the Susan Crean Award for Nonfiction 2023.

Kate Bird is the author of three books, including *Vancouver in the Seventies: Photos from A Decade That Changed the City*, and the researcher for numerous books, including the award-winning *Making Headlines: 100 Years of The Vancouver Sun*. A graduate of SFU's Writer's Studio and the Vancouver Manuscript Intensive, Kate's work has been published in several literary journals.

Contributors: Kate Bird, Tove Black, James Boutin-Crawford, Jessica Cole, Crisi Corby, Gilles Cyrenne, Venge Dixon, Jaki Eisman, Christy Frisken, Merle Ginsburg, Angela J. Gray, Adishi Gupta, Jean Kavanagh, Yong Nan Kim, Justyna Krol, Jerry LaFaery, Danica Longair, Harry McKeown, Neven Marelj, Quin Martins, Pari Mokradi, Ronan Nanning-Watson, Rye Orrange, Mary Phyllis O'Toole, Bruce Ray, Ingrid Rose, Beth Rowntree, Lenore Rowntree, Kim Seary, Seema Shah, Neko Smart, Amy Wang, Sandra Yuen

Contributor bios: <https://bellpressbooks.com/contributor-announcement-off-the-map/>

Photos: <https://bellpressbooks.com/media/>

ABOUT BELL PRESS

Bell Press was founded in 2020 and publishes literary anthologies that embrace all forms of writing and genre. Based in Vancouver, BC. bellpressbooks.com

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