

# It's OK To Talk About Suicide

## Community Awareness Walk 2012

Catani Gardens, St Kilda • Sunday 9 September at 9am

World Suicide Prevention Day is 10 September 2012.

To mark this day you can join us for a Community Walk on Sunday 9 September in St Kilda.

Catani Gardens will play host to anyone who has been touched by suicide.

It will be a gentle walk with some brief formalities  
and other activities which will give people the opportunity to remember their loved ones.

The theme for the walk is *It's OK To Talk About Suicide* because we want to create awareness  
about the appropriate ways to talk about suicide and bereavement.

We want to break through the shroud of secrecy that surrounds suicide.

Further information about the walk can be found at [www.outoftheshadows.org.au](http://www.outoftheshadows.org.au).

Click on 'Find a Walk' and follow the links—you can register for the walk  
by clicking on RSVP. Or you can call (03) 9666 1272.



The walk is being jointly organised by Lifeline, The Compassionate Friends and Support After Suicide (a program of Jesuit Social Services).