

# It's OK To Talk About Suicide

## Community Awareness Walk 2013

Yarra River Melbourne • Sunday 8 September at 9am

Meet at the corner of Alexandra Avenue and Anderson Street

World Suicide Prevention Day is 10 September 2013

To mark this day join us for a Community Walk on Sunday 8 September along the Yarra River.

Anyone who has been touched by suicide is welcome.

There will be a gentle walk, brief formalities and activities giving people the opportunity to remember their loved ones.

The Salvation Army Lifekeeper Memory Quilt will be there. <http://suicideprevention.salvos.org.au/lifekeeper-quilt>

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.

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

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.

*DONATIONS to Lifeline, The Compassionate Friends and Support After Suicide can be made on their websites.*

