

Suicide Remembrance & Awareness Walk 2011

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Into the light



Location: CJ Saunders Park
Centenary Boulevard /
Palm Boulevard circle
Umhlanga Ridge

Date: 11.09.2011

Time: 8H30 – 10H30

Distance: +/- 1600m

World Suicide Prevention Day is held on September 10 each year as an initiative of the International Association for Suicide Prevention (IASP), and is co-sponsored by the World Health Organisation (WHO).



<http://www.iasp.info/>

<http://www.who.int/en/>

SADAG

(South African Depression & Anxiety Group)
Champion the cause through awareness campaigns and media coverage.



www.sadag.co.za

POINTS TO NOTE:

1. Parking: there is ample parking on the park perimeter.
2. Materials regarding Suicide Prevention and Awareness as well as contact details for support groups will be made available. Please feel free to hand these out along the route.

Example of team shirt: The annual 'Out of the Darkness Walk' in memory of those lost to suicide was held in New York (among other venues in the USA) on the 7th June 2008. Mandy's sister Kim and her team of friends – who named themselves "Footprints for Warren Poole", walked in memory of her brother Warren. On the right is a picture of the shirt that they wore.



REGISTRATION PACKS (Free of charge):

1. A yellow ribbon (international symbol of suicide).
2. Survivors of suicide materials and resources.
3. SADAG (South African Depression and Anxiety Group) materials and resources.
4. Balloon with a tag for message to loved one (you can bring your message with or write it on the day)

This is an opportunity for those bereaved by suicide, to join with the IASP, WHO & SADAG on World Suicide Prevention Day in focusing public attention on understanding suicide & highlighting effective prevention activities. This walk will also focus on recognising survivors of suicide and remembering those loved ones lost to suicide. This is an opportunity to meet and find comfort in those who walk the same path of healing daily and to reminisce together in the lives and memories of the loved ones lost.

As this is an annual walk we encourage you to forward this leaflet and extend an invitation to anyone whom you think would benefit from participating. Take care and be blessed.

THINGS TO REMEMBER:

1. Bring along team shirts with a photo of your loved one as well as your team name
2. For a weather update 24 hours prior to the walk go to www.eastcoast.co.za (the walk will take place regardless)
3. Dress comfortably and wear walking or running shoes.
4. Bring along umbrellas and jerseys just in case.
5. The park is a beautiful picnic spot so bring along a picnic basket if you intend to remain for brunch afterwards.
6. Bottled water.

www.survivorsof suicide.co.za



<http://www.facebook.com/event.php?eid=242327489135488#!/groups/37379442757/>