

TOGETHER TO FIGHT SUICIDE 2020

You can be a hero during this time of uncertainty.

Social distancing doesn't mean we can't connect.

The Oregon Chapter is **Together to Fight Suicide** so we can bring Suicide Out of the Darkness.

Will there be in-person walks this fall?

There will be no in-person walks in Oregon during the fall of 2020.

How can we still bring suicide Out of the Darkness without a walk?

All **8** communities across the state of Oregon are **Together to Fight Suicide** and we're organizing activities that allow us to bring suicide **Out of the Darkness**. Since we are coming **Together to Fight Suicide**, we are going to provide many ways that people can get involved and bring suicide Out of the Darkness! Coming together to fight suicide also gives us an opportunity to reach remote parts of the state with positive messages and a platform to create a culture that's smart about mental health in their communities.

What is the Out of the Darkness Experience?

The Out of the Darkness Experience is our initiative to bring suicide out of the darkness during a time when we can't gather large groups of people. The Experience depends on your voice and participation and there are several ways people can get in and share the experience.

- 1. Activities:** *COMING SOON:* You will be able to participate in various activities, share your story and work to bring suicide Out of the Darkness. Sign up today and we'll send details soon!
- 2. National Suicide Prevention Week:** We are working hard to create opportunities for people to learn and connect in ways that create a culture that's smart about mental health. Sign up today and we'll send you details as soon as we confirm them.
- 3. September 26th, 2020:** *Save the Date* for a statewide Livestream event featuring people from across the state who have been impacted by suicide and are working to bring suicide Out of the Darkness!
- 4. Community Specific:** On the day that your community's walk would have taken place in person we will launch a video showcasing local community organizations and people.

Questions? Contact Ryan Price, Area Director.

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