

What is an Out of the Darkness Experience?

www.afsp.org/GAexperience

While the Out of the Darkness Walks in Georgia are going to look different this year, our mission to **Save Lives and Bring Hope to Those Affected by Suicide** has not changed.

The Georgia Walks are still happening, just in a new and creative way! While we may not be able to gather in large groups this year, we encourage everyone to get out and walk on November 8th - for yourself, your loved ones, and to create a world without suicide.

What Can You Expect?

First - Register for the Georgia Out of the Darkness Experience! Participants raising \$150 or more will be mailed their Exclusive 2020 Out of the Darkness T-shirts. Those raising \$150 before October 1st will receive their shirt by event day! A second round of shirts will be mailed to qualifying participants at the end of the year.

Next - We encourage you to walk to fight suicide with your team, friends or family (following CDC guidelines) on November 8th. You choose the location, the route and who you walk with. We suggest you walk 1569 steps to represent each life lost in Georgia every year to suicide. This equates to .7 miles. Or choose any activity that makes you feel good - it is YOUR Experience! During your walk, be sure to wear your OOTD walk t-shirts. Don't forget to share your experiences on social media using our hashtag #GATogether. These pictures will stream to our event page!

Finally - Join us for a very special **Statewide Virtual Experience and Ceremony on Sunday, November 8th at 2pm EST**. This virtual experience will include messages of hope, a chance to honor the reasons why you walk, our first ever virtual hope and healing wall, and recognition of top fundraisers and teams. Photos and messages of hope can be submitted via this [google form](#). **Everything must be submitted no later than 10/16 to be included in the virtual hope and healing wall.**

Throughout the OOTD Season

Share your fundraising link on social media with a picture or video and why you support OOTD using the hashtag **#GATogether**. [CLICK HERE](#) to Brand your social media profile with a Together to Fight Suicide overlay frame.

VIRTUAL EVENTS Host a virtual fundraising event such as a Zumba-thon, cooking demonstration or trivia night to reach your fundraising goals. Your AFSP Georgia Chapter will be hosting a variety of virtual events throughout the fall. You can find updates online at www.afsp.org/georgia.

PREVENTION EDUCATION Take a Talk Saves Lives: Introduction to Suicide Prevention education program. To schedule a free virtual presentation for your business, walk team or community group, email georgia@afsp.org.

EARN INCENTIVES

- Individuals who raise \$150 will be mailed a 2020 Exclusive Out of the Darkness T-Shirt
- Raise \$250 by the end of October and receive a World Without Suicide canvas tote bag!

Together to Fight Suicide



For more information about the Georgia Chapter and our Out of the Darkness Experience, please contact Area Director Stuart Winborne at swinborne@afsp.org or visit afsp.org/GAexperience.