

Walk to Fight Suicide

Out of the Darkness™
Community Walks:

Austin Walk Program

afsp.org/austin



American
Foundation
for Suicide
Prevention



Schedule & Activities

October 23, 2021	
8:00 a.m.	Drive Through Opens
9:00 a.m.	Self-guided walk begins
9 – 9:30 a.m.	Austin Fire Department Engine 1 arrives at the South Gate
10:00 – 10:30 a.m.	Reading of Gizmo’s Pawesome Guide to Mental Health at Kid’s Area
11:00 a.m.	Austin Fire Department scheduled to depart
Ongoing Activities	
9 – 12 p.m.	Music – A mix of local live music and the official AFSP Out of the Darkness Playlist
9 – 12 p.m.	AFSP Merchandise Store
9 – 12 p.m.	Grab and Go Refreshments
9 – 12 p.m.	Community Resource Fair
9 – 12 p.m.	AFSP Mission Moment QR Codes Enroute
9 – 12 p.m.	Messages of HOPE in Texas
9 – 12 p.m.	Luminaria Bags
9 – 12 p.m.	Memory Wall
9 – 12 p.m.	Honor Beads
9 – 12 p.m.	I Walk For Buttons
9 – 12 p.m.	Scavenger Hunt Bingo
9:30 – 10:30 a.m.	Kid’s Area

What to Expect

Scheduled Activities

Drive Through: 8:00am – 12:00pm

- If you're not comfortable attending in person, we will have a drive through option at the East Gate of the Capitol. Here you can pick up honor beads and t-shirts for raising your \$150.

Self-Guided Walk: 9 – 12:00 p.m.

- You and your team can arrive at any time between 9am and noon to participate in your self-guided walk.

Austin Fire Department Engine 1 Tours: 9:30 – 11:00 a.m.

- Meet real Austin Firefighters and take a tour of their fire engine. Take a chance to hear firsthand why suicide prevention is important to them.

Reading of Gizmo's Pawesome Guide to Mental Health: 10:00 – 10:30 a.m.

- Stop by the Kid's Area at 10:00 a.m. for a special reading of Gizmo! Gizmo's Guide to Mental Health seeks to introduce mental health and wellness and teaches how to care for one's mental health in a nonthreatening way. Appropriate for ages 5-11, but all ages can benefit. Adults must attend with a child.

Raffle Ticket Sales: [Open now](#) – Midnight November 7th

- We will be selling raffle tickets [online](#) and at the merchandise table at the event. The drawing will take place on November 8th and will be streamed to Facebook.

Opening Ceremony

There will not be an opening ceremony this year. Instead, get all the components of a typical opening ceremony through QR Codes. Along the walk route you will find QR codes available for you to scan. Each code leads to an AFSP Mission Moment.

Honor & Memorial Activities

Messages of HOPE in Texas

- Write messages of hope for the community. Texas Mural will be displayed at different chapter functions throughout the year. This doubles as our Team Photo Station.

Memorial Photo Wall

- Bring a photo of your loved one to include on the memorial photo wall. Please bring a copy, not an original, as we are not responsible for lost or damaged photos.

Honor Beads

- There is an honor bead for everyone, whether you have lost a loved one, struggle personally, support a friend and/or family member, or all of the above. Learn more by watching our [honor bead video](#).

I Walk For Buttons

- Take a button and write the name of who you're walking for. These are only available while supplies last

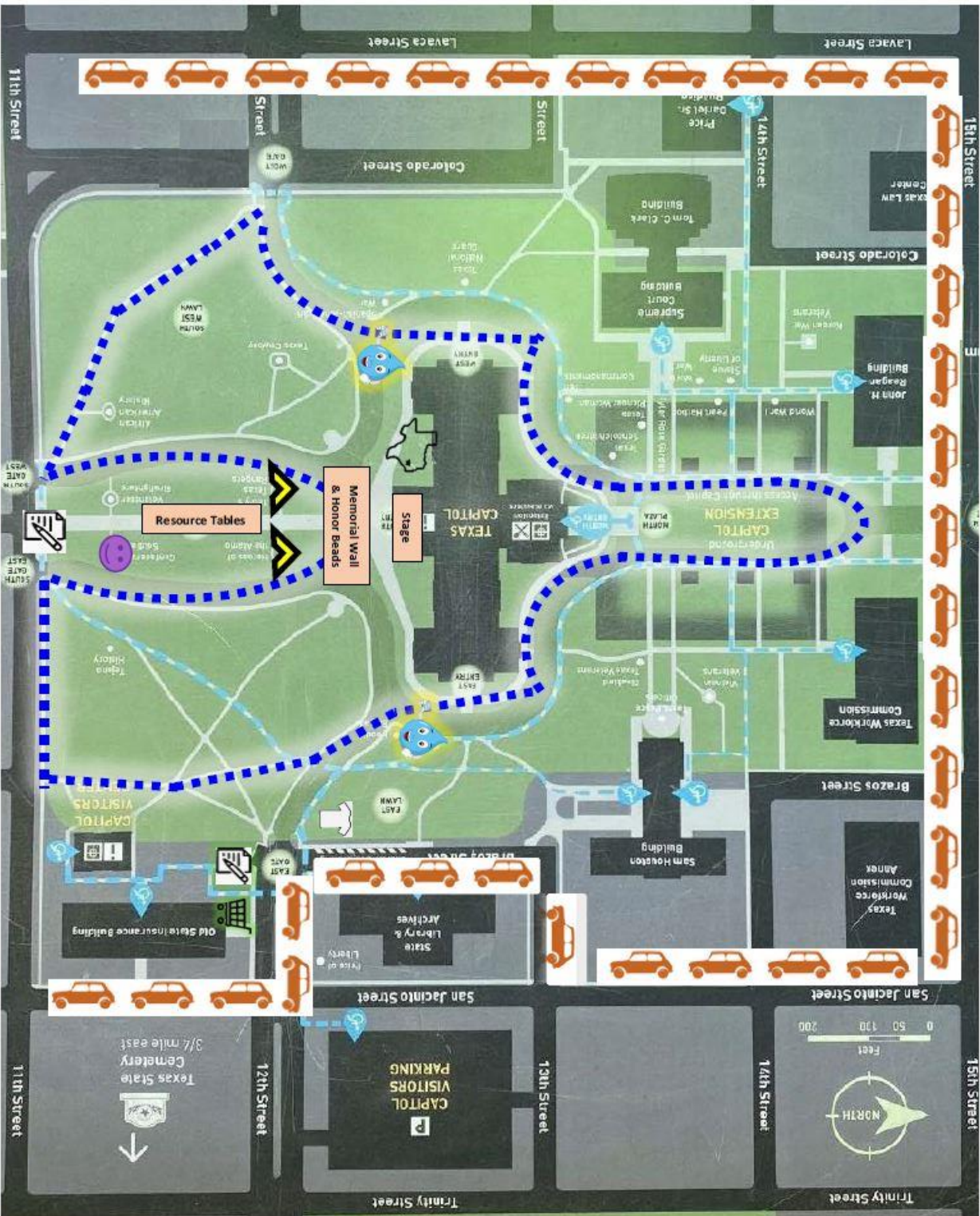
Luminaria Bags




- Take a bag and decorate it at home. On Saturday night, set it on your doorstep and light it. Take a picture and share it on social media with #HOPElivesinATX and #TogethertoFightSuicide. Be sure to tag @AFSPCTX and @AFSPCentralTX. These are first come, first serve.

Out of the Darkness Mosaic

- Show how our communities across the country are working #TogetherToFightSuicide by uploading your photos to our [digital photo mosaic](#).

AFSP 2021 Event Map



-  Walk Route
-  ADA Walk Route
-  Drive-Through Option
-  Registration
-  T-Shirt Pick Up
-  Merchandise
-  Team Tents
-  Water Station
-  Texas Art
-  Kid's Area



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BLACK OUT BINGO



Easel Topic (QR Code): _____ _____	Visit the AFSP Merch Booth	Sponsor: _____ _____	Learned the warning signs of suicide	Saw a Walker with a Red Ribbon
What color Honor Beads did you pick? _____	Made a donation to this event <small>(before today or today)</small>	Easel Topic (QR Code): _____ _____	Find the Message of Hope In Texas Station	Shared a picture of me at the walk on social media using #HOPELivesInATX
Saw a Walker with a Blue Ribbon	Easel Topic (QR Code): _____ _____	FREE FOR BEING HERE TODAY	Registered for today's event	Easel Topic (QR Code): _____ _____
Engage with a "Hugger" (High-5, hug, wave etc.)	Visit the Memory Wall	Easel Topic (QR Code): _____ _____	Visit Community Resources Booth	Felt a connection with 1 or more attendees
Had an honest conversation with someone today	Easel Topic (QR Code): _____ _____	Get a Volunteer to sign here	Sponsor: _____ _____	Picked up Honor Beads

Turn blacked out BINGO Card in to the Registration Table to Receive a Raffle ticket - Raffle will take place on Nov 8.

Additional raffle tickets can be purchased through the Walk site at afsp.org - Please include name and contact phone number ON THE TICKET

Event Safety

- Our top priority is the safety and health of our Walkers, Volunteers, and Staff. Because of this, we are carefully monitoring the developments related to Coronavirus (COVID-19) and will continue to do so. We are working with the city and state officials, and we will follow the recommendations from the [Centers for Disease Control and Prevention](#) (CDC)
- If you are experiencing any symptoms of COVID or have been exposed to someone with COVID in the last two weeks, please do not attend the walk
- Face masks are recommended for all participants
- Practice safe distancing from those outside of those you are in regular contact with
- You may be asked to complete monetary transactions digitally with your phone or device

Health and Safety Protocols

The Central Texas Chapter of AFSP is asking all walkers attending the Austin Walk in person for their cooperation in helping maintain a safe and healthy environment for everyone by adhering to the following guidelines:

- Face coverings are recommended for all participants
- Participants are asking to maintain six (6) feet of distance from anyone outside their household while participating in walk activities.
- Participants are asked to utilize hand sanitizer placed around the venue.
- If you are experiencing any symptoms or have been in contact with someone who has tested positive for COVID, please do not attend
- You may be asked to complete any transactions and/or donations digitally through your phone or device

For those not comfortable being in person, we will have a drive through option available to pick up honor beads and t-shirts.

Thank you for your cooperation and support! We are so glad that you will be joining us!

Thank You to Our Sponsors

Austin Subaru
8100 Burnet Rd, Austin, TX 78757
512-220-9030



TISTA Science and Technology
1701 Directors Blvd, Suite 950 Austin, TX 78744
info@tistatech.com



Capitol Pain Institute
8015 Shoal Creek Blvd #103 Austin, TX 78757
512-467-7247



Cross Texas Transmission
1122 S Capital of Texas Hwy #100
West Lake Hills, TX 78746
512-982-5710



H-E-B
8100 Cameron Rd, Austin, TX 78752
512-646-8500



Greenbrook TNS NeuroHealth Centers
4009 Banister Lane Suite 360 Austin, TX 78704
855-940-4867

tatiana's Hope
PO Box 85
Liberty Hill, TX 78641
beverly@tatianashope.org

Floor & Decor
12901 N Interstate Hwy 35 #3
Austin, TX 78753
512-382-2079

SCI Dignity Memorial
Corporate Office
1929 Allen Parkway
Houston, TX 77019
713-522-5141

**Mental Health & Developmental
Disabilities Center**
819 Water Street Suite 300
Kerrville, TX 78028
830-792-3300

Integral Care

Lightspeed Systems

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