

Walk to Fight Suicide

Out of the Darkness™
Community Walks:

Guide to the Austin Walk

afsp.org/austin



American
Foundation
for Suicide
Prevention



Preparing for Walk Day

Registration and Donations

We strongly encourage everyone to either mail checks in ahead of time and/or ask your supporters to donate online whenever possible.

Offline Donation Forms are available to download [HERE](#).

All checks should be made payable to AFSP - Austin Walk and sent to the address below.

AFSP

Attn: OOTD Walks – Austin, TX Walk

199 Water Street, 11th FL New York,

NY 10038

- If anyone is coming with you to the Walk, please have them register ahead of time at afsp.org/Austin, or you may register them yourself!
- QR codes to register and donate will be at the Walk, but pre-registration is encouraged.
- We are doing all we can to provide a safe environment for you, our volunteers, and our staff! Anything you can do to help us would be greatly appreciated.

What to Bring to the Walk

- Phone
- Walking Shoes
- Water bottle
- Picture of your loved one (copy, not original)
- Mask (encouraged, but not required)

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.

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](#).

Getting to the Walk

Texas State Capitol 1100 Congress Ave, Austin, TX 78701

Parking

Convenient parking is located in the Capitol Visitors Parking Garage. Parking is sometimes free but is subject to pre-paid fees by the Capitol. The maximum daily charge varies up to \$25. Follow the road signs for Capitol Visitors Parking.

Entrance

Please enter through the East Gate or the South Gate indicated on the map. Here you can make donations or register if you've not registered in advance. You will also be able to pick-up your self-guided route map and scavenger hunt bingo sheet.

Walk Route

The walk route is approximately 3 kilometers (1.5 miles) and is accessible for strollers and differently abled walkers. Our route will take us through beautiful grounds of our Texas State Capitol. Water will also be available at two spots on the route.

Drive Through Option

For those walking virtually, **we will have a drive through pick-up option** the day of the walk outside the East Gate of the Capitol. This is an opportunity for you to pick-up honor beads, t-shirts, and make donations.

The map displays the Texas State Capitol complex with a blue dashed line indicating the walk route. Key locations include the Capitol building, various offices, and the Capitol Visitors Parking Garage. A legend on the right side of the map lists the following activities and their locations:

- Walk Route (Blue dashed line)
- ADA Walk Route (Blue dashed line with a wheelchair icon)
- Drive-Through Option (Orange car icon)
- Registration (Clipboard icon)
- T-Shirt Pick Up (T-shirt icon)
- Merchandise (Shopping cart icon)
- Team Tents (Yellow tent icon)
- Water Station (Water drop icon)
- Texas Art (Texas map icon)
- Kid's Area (Purple smiley face icon)

Community Walk Guide

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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

FAQ's

How do I pick up my walk shirt?

Participants who raise \$150 or more will be able to pick up their free 2021 Out of the Darkness walk shirt* at the event. Please note that availability and sizes are on a first come first serve basis.

**Limit one shirt per person*

Are there other fundraising incentives?

Yes! To celebrate 15 years of Out of the Darkness walks in Texas, every registered walker who raises \$25 or more by the morning of the walk can pick up their exclusive Texas Together to Fight Suicide Sticker at the walk. Additionally, we will have red ribbons for walkers who raise \$500-\$999 and blue ribbons for walkers who raise \$1,000+.

Can I volunteer at the walk?

We would love for you to join our crew! Sign up to volunteer at <https://volunteersignup.org/3P77R>

What happens if it rains?

We are a rain or shine event! Please watch the weather and be prepared on the morning of the walk. In the event of severe weather, watch for updates regarding the walk both in your email inbox and [social media](#).

Will there be food and drinks?

Fruit and water will be available for all participants.

Can I bring my dog?

Leashed and well-behaved animals are allowed.

Can I bring my own tent?

Staking on the Capitol Grounds is strictly prohibited, so outside tents are not allowed.

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

Thank You to Our Sponsors



afsp.org/walks



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