

# Walk to Fight Suicide

## Out of the Darkness Community Walks Participant Toolkit

[afsp.org/walks](https://afsp.org/walks)



American  
Foundation  
for Suicide  
Prevention



## **Fundraising for The Out of the Darkness Walks is more than just raising money. It's an opportunity to create a community that is smart about mental health.**

The money you raise is critical to preventing suicide, and in the process of fundraising you will bring mental health and suicide out of the darkness in your community.

### **The key to fundraising: asking for donations.**

That's it. Some people shy away from asking for money, but once you start, you'll be surprised by how many people want to support a good cause. But it doesn't happen right away: it can take as many as six reminders before someone donates. People are busy, they may not get your request at the right time, they may forget. People like being a part of a good cause, but to reach your goal you'll need to be persistent.

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## Helpful Information

- There is NO registration fee to participate in an Out of the Darkness Community Walk.
- The walk will take place RAIN or SHINE
- EVERYONE is welcome to walk - any participant thirteen years and older is REQUIRED to register for the walk.
- Each participant is asked to set a minimum fundraising goal of \$150. However, donations of any amount are accepted, and no one will be turned away. People may continue to donate to you until December 31<sup>st</sup> of the current walk year. (If you are participating in a spring walk, the deadline is June 30<sup>th</sup> of the current walk year.)
- Participants that raise \$150 or more by the day of the Walk will receive an Out of the Darkness t-shirt at check-in. Walkers who have raised less than \$150 are welcome to walk and join us for an inspirational event including entertainment, memory activities, sights, sounds, and camaraderie, but will not receive an Out of the Darkness T-shirt.
- Feel free to make customized t-shirts for you, and/or your team. We encourage you to be creative and bring signs, banners etc. Please keep in mind these are family friendly events, and we ask that you to refrain from language and images that may be offensive to many.
- If you have questions about setting up your fundraising page, click [HERE](#) or check out the “How to Use DonorDrive” link in [Walker Central](#) (you must be logged in for access to Walker Central).
- If you’ll be turning in cash and/or check donations *at the walk* and you’d like your donors to receive credit, please use the enclosed [Itemized Donation Form](#) to keep track of your donations and include it with the donations you turn in at check-in.
- Most parks allow dogs, but please contact your local walk coordinator to verify.
- Most parks are wheelchair and stroller accessible. Please contact your local walk coordinator for more information.
- For more information, specific to YOUR walk location, please visit [www.outofthedarkness.org](http://www.outofthedarkness.org), and click on “find a walk near you” to search for your event page. Once you’re on the event page, you will see the name, phone number, and email address for the Walk Chair. Each walk is locally organized, so the Walk Chair will be able to answer any questions that pertain to the event you are participating in.
- Still have questions? Visit our [FAQ Page](#) or email us at [walks@afsp.org](mailto:walks@afsp.org).

# Set Up Your Personal Fundraising Page

If you haven't already, customize your personal fundraising page. Login to your profile and select "edit your page" from the menu on the right side of the page. Scroll down. You can create a customized URL for your page, which can include your name or team name, by typing in the "page alias" space.

Under that you can also upload an image, edit the content of your page and change your fundraising goal. Adding a photo and writing out your story in the "personal message" section will help people understand why this is important to you.

Once your page is ready, include the link to your page in all of your fundraising communications. Your page makes it easy for people to donate to your Overnight campaign.

\*If you send your emails through your fundraising page, this link is automatically included.

Need help? Learn [How to Use DonorDrive](#)

## Quick Tips

- Send out [fundraising emails](#), making sure to always link to your fundraising page. Make your posts and emails specific, stating exactly how many days and dollars you are away from your goal.
- Many companies offer gift matching programs that can double (or even triple!) employee donations. Ask your Human Resources representative if your company matches.
- Change your voicemail messages to talk about your walk.
- Include a link to your fundraising page in your email signature.
- Keep reading for more!

# Social Media

Social Media is one of the best ways to fundraise for yourself or your team. With one post, you can reach hundreds if not thousands of people.

## *General Tips*

- Stay active. Fundraising on social media is more effective if you are an active, ongoing user.
- Be creative. Post interesting videos, pictures, and stories to promote your fundraising efforts. The more interesting the content, the more likely it will be shared with others.
- Include your fundraising link. It's also a good idea to give your reason for walking.  
**Please note:** Facebook has recently added a "Donation" button users can add to their posts, enabling readers to click and donate to a charity of their choice. This button appears as an option when users compose a post referencing a nonprofit. **Funds raised through this method will go to AFSP as a general donation. As a Walk participant, we recommend sending users to your personal fundraising page. Funds donated through the Facebook Donate button will not count toward your Walk fundraising.**
- Ask friends and followers to share and retweet. If your Facebook friends share your posts and your Twitter followers retweet your tweets, you can increase your visibility exponentially.
- Post pictures of the reason you walk and share your stories. If you've walked with us before, post pictures from your past walks.
- Share videos. Share [our videos](#) or create your own. AFSP's YouTube Channel features videos from AFSP staff members explaining where the money donated to AFSP goes. If you want to create your own video testimonial, here are some examples from AFSP's national event, the Out of the Darkness [Overnight Walk](#):
  - <http://youtu.be/i2WTncXvFOs>
  - <http://youtu.be/KguDMi MI I>
- Post links. Repost stories from AFSP National and The Out of the Darkness Walk's Facebook and Twitter pages. To share on Facebook, click "share" under any post. You can share the posts without commenting or you can add some text about your own story. On Twitter, retweet by clicking the retweet button. You can also share links from:
  - [outofthedarkness.org](http://outofthedarkness.org)
  - <https://afsp.org/lifesaver-news>

## Facebook

### Sample Facebook Posts

Posts below are examples only. Replace the phrases that are highlighted in yellow with your personal information, and only share as much as you feel comfortable with.

- Every 40 seconds someone in the world dies by suicide. I lost my (friend/relative NAME) to suicide. On <WALK DATE> I'll be walking in <WALK CITY> for @American Foundation for Suicide Prevention's Out of the Darkness Walk. My personal fundraising goal is <YOUR FUNDRAISING GOAL>. Help me get there: <YOUR FUNDRAISING LINK>
- There are approximately one million suicide attempts in the US alone each year. I'm walking in the @American Foundation for Suicide Prevention's <WALK CITY> Out of the Darkness Walk on <WALK DATE>. Help me reach my fundraising goal: <YOUR FUNDRAISING LINK>
- On <WALK DATE>, I will be remembering my (FRIEND/RELATIVE). I'd be honored to walk for your loved one lost to suicide too. Tell me their name and I'll add it to my shirt/fundraising page. <YOUR FUNDRAISING LINK>
- The @American Foundation for Suicide Prevention wants to reduce the US suicide rate 20% by 2025. Help them reach their goal by helping me reach mine. <YOUR FUNDRAISING LINK>
- Join <TEAM NAME> in <WALK CITY> on <WALK DATE>. Visit <YOUR TEAM PAGE LINK> to register.
- Join hundreds of thousands across the country as we walk to fight suicide.  
[www.OutoftheDarkness.org](http://www.OutoftheDarkness.org)
- The @American Foundation for Suicide Prevention is the largest private funder of suicide prevention research in the country. Support them with me. <YOUR FUNDRAISING LINK>.
- I live with [MENTAL HEALTH CONDITION]. On <WALK DATE> I'll be walking in <WALK CITY> to promote mental health awareness. Help me reach by fundraising goal: <YOUR FUNDRAISING LINK>

### "Like" the AFSP National and Out of the Darkness Walk pages.

- [facebook.com/afspnational](https://facebook.com/afspnational)
- [facebook.com/OOTDWalks](https://facebook.com/OOTDWalks)

## Twitter

### Follow AFSP National and The Overnight Walk on Twitter.

- [twitter.com/afspnational](https://twitter.com/afspnational)
- [twitter.com/OOTDWalks](https://twitter.com/OOTDWalks)

### Use the #OutoftheDarkness hashtag when posting on Twitter.

**Twitter Character Limits.** Most of your tweets will have to be 102 characters or less. Twitter posts are limited to 140 characters (including spaces), and the link to your event webpage will take up 22 characters (Twitter automatically alters any URL to 22 characters, no matter the actual length of the link), and #OutoftheDarkness is 17 characters.

**Tweet at Noisemakers.** A great way to get the word out is to tweet “at” local and state-level publications and reporters, and other noisemakers. Finding their Twitter handles may require a little bit of research, but it’s worth the time. To tweet at someone, start a tweet with a period, then put in the @ symbol, and type the handle (like @AFSPNational, etc.).

### Sample Tweets

Replace the phrases that are highlighted in yellow with your personal information, and only share as much as you feel comfortable with.

- .@REPORTER On <DATE> at the #OutoftheDarkness Walk, I will honor [my loved one, child, parent, sibling, etc] who died by suicide <YOUR FUNDRAISING LINK> #StopSuicide
- .@PUBLICATION Every 40 seconds someone in the world dies by suicide. #OutoftheDarkness. Help us #StopSuicide <YOUR FUNDRAISING LINK>
- .@LOCALCELEBRITY On <WALK DATE> hundreds will walk to #StopSuicide. Help me reach my goal: <YOUR FUNDRAISING LINK>
- .@Business RT to help #StopSuicide. #OutoftheDarkness Walk in <WALK CITY> on <WALK DATE> <YOUR FUNDRAISING LINK>
- On <WALK DATE> I will walk for myself. Help me reach my goal: <YOUR FUNDRAISING LINK> #mentalhealth #OutoftheDarkness
- I live with [MENTAL HEALTH CONDITION]. On <WALK DATE>, I’ll walk to #FightSuicide. Join me: <YOUR FUNDRAISING LINK> #OutoftheDarkness



## *Instagram*

### Follow AFSP National on Instagram

- @afspnational

Instagram is a great platform to use to share photos from your Out of the Darkness Walk. Post photos and use these tags:

- #OutoftheDarkness
- #StopSuicide

### **Social Media Glossary**

**Like:** On Facebook, a like comes from someone clicking “like” under a post/photo/video. A like allows followers/attendees to acknowledge that they’ve seen your post and support the content.

**Favorite:** On Twitter, a favorite (similar to a like on Facebook) comes from someone clicking the star under a tweet.

**Retweet:** On Twitter, a retweet comes from someone clicking the button that looks like a square formed by two arrows. It is abbreviated as “RT.”

**Hashtag:** A hashtag is the phrase that follows a # on Twitter (see sample tweets above) or Facebook. A hashtag is a cataloguing system. People looking for information about a certain product or event can search for the hashtag. It is used on Twitter more than Facebook.

**Handle:** On Twitter, a handle is the word, phrase, or name following the @ symbol.

**Tag:** Tagging someone on Facebook or Twitter is including them in a post/tweet either to recognize them or to make them aware of it. On both platforms, type an @ symbol and then type the handle (for Twitter) or the name of the person/page.

# Fundraising Tips & Ideas

## With Friends, Family, & Neighbors

- **Sing to Lift the Stigma:** Ask a friend to borrow a karaoke machine and host a Karaoke Night with donated food and drinks. Charge each attendee \$10 towards your fundraising goal and enjoy great laughs and good music with friends and family.
- **Clean for Contributions:** Hold a car wash in your neighborhood. Ask some local businesses to donate items you will need for the car wash and get your friends to help. Spread the word about your car wash by sending emails and passing out flyers, and make sure everyone knows that all proceeds will help save lives. You can also help neighbors with yard work or gardening in exchange for a donation.
- **Host a fundraising event** for yourself or your team. Have a car wash, garage sale, bake sale, or host a party at your home or at restaurant and turn it into a fundraiser. Get creative! Click [HERE](#) for guidelines on hosting a fundraising event for your walk.
- **Save the Planet to Save Lives:** Collect bottles and cans from friends and neighbors and cash them in at a recycling center to be used towards your fundraising goal. You can ask people to drop off their recycled items with you, or you can arrange to pick them up.
- **Change for Change:** Decorate some jars and distribute them to your friends and family. Ask them to drop their extra change into the jar at the end of each day and collect the jars before the Walk. Keep a jar for yourself and bring it to the office lunch room or display it at your desk so your colleagues can give their change to your cause.
- **Pin It Up:** Post your Web site address or walk paper on the bulletin board at church or temple, in the office, at the gym, or at school. Make sure to highlight your name, phone number, email address, and team Web page address.
- **Talk It Up:** Ask for a few minutes on the agenda of any meetings you will be attending. Share your story and ask for everyone's support. If you are dedicating your efforts to someone who has struggled personally or who has lost a loved one, tell that person's story.
- **50/50 Raffle:** This is a great idea for several reasons, but chief among them is its ease; the only material you really need to get this fundraiser going is a roll of raffle tickets. People love this type of fundraiser. Choose an event where lots of people will be in attendance to maximize your success. Sell the 50/50 raffle tickets at \$1/ticket (participants can buy as many as they'd like). During the event, select one ticket (the winner). The winner will receive 50% of the money and your organization/cause will keep the other half.

## Workplace Fundraising

Check with your HR person first before raising money at work to make sure fundraising is in compliance with company policy.

- **Matching Gifts:** Many employers will match each dollar one of their employees donates—sometimes more. Ask your manager or HR department about matching gifts. Learn more at [afsp.org/match](http://afsp.org/match).
- **Email Signature:** Put a link to your fundraising page in your signature.
- **Host a Silent Auction:** Ask your coworkers to donate items and auction them off at work.
- **Raffle a Vacation Day:** Ask your company to offer an extra paid vacation day. Sell tickets at \$20 each.
- **Bag Lunch Fundraiser:** Ask coworkers to bring a bag lunch on a specific day and donate what they would have spent on lunch to your walk goal.
- **“Stumper” Photo Contest:** Ask employees to bring a baby or childhood photo of themselves that they believe no one can identify. Ask for a donation to make a guess. Give winners a contributed prize.
- **Penny War:**  
Duration: 1 week  
Post the rules by each jar:  
Each team gets 1 jar. Players put pennies in their team jar, and silver coins and paper bills in opposing teams jars. The team with the most points at the end of the week wins.  
Scoring:  
Pennies count positively.  
Silver coins and paper bills count negatively. E.g.:  
1 penny = +1  
1 nickel = -5  
1 dollar bill = -100

## Involve the Local Business Community

- **Hold an Auction/Silent Auction:** With donated restaurant gift certificates, a few prize baskets, handmade items, etc., hold an auction or silent auction. Have a local grocery store donate food and have a local band provide entertainment. Most stores will be happy to offer you an item to auction off.
- **Restaurant Fundraiser:** Check with your local restaurants or pubs. Some will work with you to have a special night where your fundraiser gets a portion of the proceeds from the people you bring into the place that night. Many chain restaurants offer fundraising incentives, such as Pizzeria Uno, Coldstone Creamery, Chick-fil-A, and Friendly's just to name a few. Call your favorite restaurant to ask how they may be able to help. You can find a partial list of restaurants that host fundraisers [HERE](#).
- **Tip Jar:** Ask the manager of your favorite restaurant if they will donate one day's tips. Put a tip jar out next to the register at local businesses. Put a picture of yourself and a little story about why you are doing the Out of the Darkness Walk on the jar. Or, if you work at a restaurant, ask your colleagues to donate to a pledge jar.
- **Breakfasts and Dinners:** Host a pancake breakfast, pizza night, barbeque, spaghetti dinner, etc. Get a local grocery store to donate the food and ask your church, school or community center about hosting a dinner.

## Offline Donations

Anything other than a credit card donation made online (such as checks and money orders mailed to AFSP or handed in at the event) is considered to be an OFFLINE donation.

Prior to the walk, please send all OFFLINE donations to the AFSP National office so they may be deposited and added to your online fundraising page manually by AFSP's staff. If you're approaching the date of the walk and you still have donations to hand in, you may turn them in during check-in, making sure to include an [offline donation form](#) for each contribution so that the donor(s) receive credit.

### **Before mailing your OFFLINE donations, please remember to:**

- CLEARLY print your name, walk city and state on the memo line of the checks (this ensures that the donations are properly allocated.)
- **AFSP cannot accept cash donations prior to the walk.** If you receive a cash donation, you must convert it to a check or money order and send it to AFSP with an Offline Donation Form so the donor will receive credit for their donation on your fundraising page; otherwise, you may turn in cash on the day of the walk.
- If a donor wishes to remain anonymous, please indicate this on the Offline Donation Form.
- Send EACH check or money order with a separate Offline Donation Form. The Offline Donation Form may be accessed online in your DonorDrive Resources as well as on the walk homepage at [www.outofthedarkness.org](http://www.outofthedarkness.org). It has also been included on the following page. The Offline Donation Form may be photocopied and distributed.

### **Please mail ALL OFFLINE donations (checks and money orders) to:**

American Foundation for Suicide Prevention  
Attn: OOTD Walks  
120 Wall Street, 29th Floor  
New York, NY 10005

\*\*\* All checks MUST be made payable to AFSP\*\*\*

# Key Messages

## Out of the Darkness Walks Elevator Pitch

You are encouraged to share your personal connection to the cause.

### The Pitch:

I'm walking in the <EVENT CITY> Out of the Darkness Walk because suicide is one of the leading causes of death, and yet suicide prevention doesn't get anywhere near the funding given to other leading causes. I've learned from the American Foundation for Suicide Prevention that fighting suicide is about more than saving lives, it's about creating a culture that's smart about mental health.

In the last 10 years, AFSP has grown from a grassroots network of researchers and volunteers into a national movement with chapters in all 50 states. AFSP is also the largest private funder of suicide prevention research, and because they've built the infrastructure to deliver evidence-based programs to local communities across the country, their work impact millions of people. They are consistently ranked one of the best charities for mental health, and they are powered by everyday heroes like us: \$5, \$20, 100-every donation helps.

Go to [OutoftheDarkness.org](http://OutoftheDarkness.org) to learn more.

# Fundraising Messages

By participating in or donating to an Out of the Darkness Walk, you support:

- **Educating schools, communities, and workplaces how to prevent suicide.** AFSP has chapters all across the country to host local programs like [Talk Saves Lives™: An Introduction to Suicide Prevention](#), [It's Real: College Students and Mental Health](#), [Mental Health First Aid Training](#), and [more](#).
- **Advocacy** to help pass policies that will save lives.
- **Research** that will improve the identification and treatment of those at highest risk for suicide.
- **Programs for survivors of suicide loss** including the annual International Survivors of Suicide Loss Day Program linked to over 350 locations throughout U.S. and internationally.
- **Public awareness campaigns** like [Seize the Awkward](#), which empowers teens and young adults to reach out and help a friend who may be struggling with their mental health
- **Creating and expanding** AFSP's network of [local chapters](#) throughout the country.

# Suicide Prevention Messages

- Suicide is a leading cause of death, and it's preventable.
- There is no single cause to suicide. It most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition.
- Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions lead fulfilling lives.
- Talk saves lives - If you think someone is thinking about suicide, assume you are the only one who will reach out.
- Everyone has a role to play in encouraging good mental health and better mental health care. Resources can be found by visiting [afsp.org/find-support/find-mental-health-professional](https://afsp.org/find-support/find-mental-health-professional).
- The slogan "If You See Something, Say Something" applies to suicide prevention as well. If you or someone you know is in crisis, please call the [Suicide Prevention Lifeline](#) at **1-800-273-TALK** (8255), or text TALK to the [Crisis Text Line](#) at **741741** to be connected to a trained crisis counselor.

## AFSP Messages

- The American Foundation for Suicide Prevention's mission is to save lives and bring hope to those affected by suicide.
- AFSP is grounded in science and offers many programs that promote suicide prevention, awareness, education, and loss support.
- The American Foundation for Suicide Prevention has set a bold goal to reduce the annual rate of suicide 20 percent by 2025 - that's tens of thousands of lives, and everyday heroes like you can make it happen.
- With chapters in all 50 states that host programs and events nationwide, AFSP leads the fight against suicide in the United States.
- Visit [afsp.org](https://afsp.org) to learn more.



# Shareable Infographics and Resources



**Talk Saves Lives -**  
[Helping someone who might be thinking of suicide](#)



**Facts and Figures Map**  
[Click here to locate and download your state fact sheet](#)



Telling your story can save lives, but only if you share it safely. Sharing your story lets people know they are not alone and shows them recovery is possible. If done safely, your story will encourage people at risk to seek help.

**Do**

- Be at a safe place in your recovery.** Reflect on your own frame of mind. As a general guideline, wait at least one year after the attempt or loss before speaking.
- Define key messages.** Your story should not simply express pain. Your goal should be to educate and inspire hope.
- Practice.** Sharing your story may bring up unexpected emotions. Be sure to practice aloud so that you're prepared to speak calmly and slowly in front of others.
- Emphasize the journey.** Talk about both before and after the loss or attempt, and how far you've come in your recovery.
- Know your audience.** Consider who you will be talking to (e.g., students, clinicians, survivors) and tailor your remarks accordingly.
- Be honest and comprehensive.** Do not focus solely on the loss or attempt. Include the full range of your experience, both the positive and the negative, and how you manage your mental health today.
- Provide mental health resources** for your audience to take home, like the National Suicide Prevention Hotline at 1-800-273-TALK (8255), the Crisis Text Line (text TALK to 747741), or afsp.org.

**Avoid**

- Don't use phrases like "commit suicide" or "successful attempt."** These phrases perpetuate suicide's stigma and moral judgment. Preferred terms are "ended one's life" or "died by suicide."
- Avoid details about suicide methods.** Don't refer to lethal means unless your story would be incomplete to the listener without it. If mentioned, avoid including details, since graphic descriptions can be triggering to those who struggle, and cause contagion.
- Don't simplify suicide.** Reducing the attempt or loss to a single cause fails to educate the public about the many warning signs and risk factors that can signal an attempt.
- Don't glorify suicide.** Portraying suicide as honorable or romantic can lead others to view suicide as a viable option.
- Avoid portraying suicide as an option.** Suicide is not a rational backup plan or coping behavior.



**Speaking Out About Suicide -**  
[Telling your story safely](#)



**Our Mission**  
 Save lives and bring hope to those affected by suicide

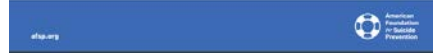
**Our Positioning Statement**  
 We are a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

**Our Calls to Action**

- Make Mental Health a National Priority
- Have an Honest Conversation
- You are not Alone
- Be the Voice
- We can #stop suicide
- Suicide is Preventable
- Talk Saves Lives
- Watch Out for the Signs. Save a Life.
- Be a Lifesaver
- Create a Culture That's Smart about Mental Health

**Top 10 Suicide Prevention Messages**

- Suicide is one of the 10 leading causes of death in the United States, and it's preventable.
- The suicide rate continues to rise. We must make mental health a national priority – and advocate for more investment in suicide research and nationwide prevention efforts.
- There is no single cause for suicide. Suicide risk increases when several health factors and life stressors converge to create an experience of hopelessness and despair. Learn the warning signs at afsp.org/signs.
- Everyone has a role to play in preventing suicide. Together, we can learn the suicide risks and warning signs, and encourage those who struggle to seek help.
- Assume you are the only one who will reach out. Have an honest conversation. Ask directly about suicide and let them know you care.
- Conditions like depression, anxiety and substance use problems, especially when unaddressed, increase risk for suicide. Most people who actively manage their mental health conditions go on to engage in life.



**Key AFSP Message Points -**  
[Sharing the AFSP Story](#)

Click [HERE](#) to view our library of social share graphics



**American  
Foundation  
for Suicide  
Prevention**



## **OFFLINE DONATION FORM**

*This printable form is available for supporters who would like to donate to a participant offline via check, money order, or credit card.  
If you are an organization interested in sponsoring a walk, please contact the Walk Chair for an event Sponsor Form.*

**My contribution is supporting** \_\_\_\_\_  
Participant's First & Last

**in the** \_\_\_\_\_ **walk.**  
Walk Location (CITY/STATE)

This is a  Community Walk  Campus Walk

**Donation Amount \$** \_\_\_\_\_

**Please Make Checks Payable to American Foundation for Suicide Prevention (AFSP)**  
*(Please do not staple or tape checks to this form)*

Donor Name (FIRST & LAST) \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail\* \_\_\_\_\_

Home phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Check # \_\_\_\_\_ Visa \_\_\_\_\_ Master Card \_\_\_\_\_ Amex \_\_\_\_\_ Discover \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration date \_\_\_\_\_ CVV# \_\_\_\_\_

Signature \_\_\_\_\_

*\*An electronic receipt is automatically generated for **all** donations and sent to the email address provided. The IRS will accept a canceled check as a receipt for all donations under \$250. Donations of \$250 and above will receive a written acknowledgment to the address provided.*

**Thank You For Your Contribution**  
**Mail this form and your check (please do not send cash) to:**

**American Foundation for Suicide Prevention (AFSP)**  
**Attn: OOTD Walks**  
**120 Wall Street, 29th Floor**  
**New York, NY 10005**

**Due to the high volume of donations AFSP receives both in the mail and on the day of the walks, please allow 2-3 weeks from the date that the donation is received to post to your account. If you do not see your donation within this time frame, please email [DataEntry@afsp.org](mailto:DataEntry@afsp.org).**



**American  
Foundation  
for Suicide  
Prevention**



Name (First & Last): \_\_\_\_\_

Email: \_\_\_\_\_

Walk City/State: \_\_\_\_\_

Team Name: \_\_\_\_\_

**Itemized Donation Form**

(Minors must have this form signed by a parent or guardian)

**Parent/Guardian X**

Make Checks Payable to:  
**American Foundation for Suicide Prevention (AFSP)**

	<i>DONOR NAME</i>	<i>EMAIL ADDRESS</i>	<i>DONATION AMOUNT</i>	<i>COLLECTED</i>
	EXAMPLE: JOHN DOE	JOHNDOE@EMAIL.COM	25.00	✓
1	<i>YOUR OWN DONATION</i>			
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
<b>TOTAL TURNED IN TODAY</b>			<b>\$</b>	

*\*An electronic receipt is automatically generated for **all** donations and sent to the email address provided. The IRS will accept a canceled check as a receipt for all donations under \$250. Donations of \$250 and above will receive a written acknowledgment to the address provided.*

If mailing multiple donations, you can send this form with your checks (please do not send cash) to:

**American Foundation for Suicide Prevention (AFSP), Attn: OOTD Walks  
120 Wall Street, 29th Floor, New York, NY 10005**

Due to the high volume of donations AFSP receives both in the mail and on the day of the walks, please allow 2-3 weeks from the date that the donation is received to post to your account. If you do not see your donation within this time frame, please email [DataEntry@afsp.org](mailto:DataEntry@afsp.org).