

MEDIA ALERT

It's OK to talk about suicide
Community Awareness Walk 2013
Yarra River Melbourne • Sunday 8 September at 9am

Over 600 people whose lives have been touched by suicide will come together this Sunday for a community walk to challenge the stigma that prevents so many members of the community from talking about suicide.

World Suicide Prevention Day is 10 September 2012.

To mark this day there is to be a Community Walk on Sunday 8 September along the Yarra River. Three organisations have joined forces to work towards this event: Lifeline Melbourne, The Compassionate Friends and Support After Suicide (a program of Jesuit Social Services).

The theme for the walk is *It's OK To Talk About Suicide* because we want to create awareness about the appropriate ways to talk about suicide and bereavement. Suicide touches so many people in our community, with over 2,200 lives lost to suicide every year. It is the leading cause of death for young people.

The stigma that surrounds suicide prevents people seeking help when they need it and hurts those who are left behind after the suicide of a loved one. We want to break through the shroud of secrecy that surrounds suicide and enable us all to feel able to speak about it. We want to reduce the number of people who take their own lives.

The walk commences at the corner of Alexandra Avenue and the Anderson Street at the Morell Bridge and proceeds to the Princes Bridge where ribbons will be tied to the Bridge.

Anyone who has been touched by suicide is welcome – including children. It will be a gentle walk with some brief formalities and other activities which will give people the opportunity to remember their loved ones.

Media Notes:

- There will be photo opportunities of ribbons being tied to the Princes Bridge between 10:30-11am, St Kilda Road, Melbourne, 3000
- Representative from Support After Suicide will be available for comment/interview at the same time
- Media inquiries please contact - Louise Flynn, Support After Suicide, 0413 009 531

www.supportaftersuicide.org.au