

## **MEDIA RELEASE**

4<sup>th</sup> September 2012

# **It's ok to talk about suicide – community awareness walk**

World Suicide Prevention Day is 10<sup>th</sup> September 2012.

To mark this day there will be a community awareness walk on Sunday 9<sup>th</sup> September in St Kilda. Three organisations have joined forces for this event: Lifeline Melbourne, The Compassionate Friends and Support After Suicide (a program of Jesuit Social Services).

The theme for the walk 'It's OK To Talk About Suicide' will create awareness about the appropriate ways to talk about suicide and bereavement.

"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," said Louise Flynn, Manager of the Support After Suicide program, "We want to break through the shroud of secrecy that surrounds suicide and enable us all to feel able to speak about it in responsible ways. We want to reduce the number of people who take their own lives."

Catani Gardens will play host to the walk for anyone who has been touched by suicide. 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 OPPORTUNITY**

**It's OK to talk about suicide – community awareness walk**

**9am, Sunday 9<sup>th</sup> September 2012**

**Catani Gardens, St Kilda**

**[www.outoftheshadows.org.au](http://www.outoftheshadows.org.au)**

Further information about the walk, go to: [www.outoftheshadows.org.au](http://www.outoftheshadows.org.au) - click on 'Find a Walk' and follow the links - you can register for the walk by clicking on RSVP or you can call (03) 9666 1272.

For more information on Support After Suicide, go to: [www.supportaftersuicide.org.au](http://www.supportaftersuicide.org.au)

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**Jesuit Social Services is a not-for-profit organisation which works to build a just society by advocating for social change and promoting the health and wellbeing of disadvantaged young people, families and communities. [www.jss.org.au](http://www.jss.org.au)**

## **MEDIA ENQUIRIES**

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## **MEDIA COMMENTS**

Louise Flynn, Manager, Support After Suicide