

NEWS RELEASE

September 3, 2020

For immediate release

For more information, contact: **Janelle Visser**, 308-487-3600 Ext. 105

Annual Out of the Darkness community walks coming up in Alliance, Scottsbluff, and Sidney

Out of the Darkness community walks are coming up in Alliance, Scottsbluff and Sidney with the continued goal of raising awareness about the devastating effects of suicide.

In consideration of the health and well-being of yourself and other walkers at this critical time:

- We encourage you to walk with family members in your household and stay at least six feet away from other groups.
- If you are at risk, please take extra caution participating in this walk.
- If you are experiencing any of the following on the day of the walk: cough, fever, shortness of breath, sore throat, runny nose, body chills, headache, loss of taste or smell, nausea, vomiting, or diarrhea, please do not attend.

We invite community members to attend in any of the following locations:

Alliance Walk	Scottsbluff Walk	Sidney Walk
<p>Date: September 12 Location: Alliance High School PAC-Commons Area (masks will be required in the Commons Area) - Check-in/Registration Time: 7:30 am Walk Program Begins: 8:00 am Walk Ends: 9:00 am <i><u>For more information, please contact:</u></i> Contact Name: Janelle Visser Contact Phone: 308-760-6493 Contact Email: jvisser@pphd.org</p>	<p>Date: September 12 Location: YMCA Kiwanis Lodge Time: 4:30 pm - 6:00 pm <i><u>For more information, please contact:</u></i> Contact Name: Carisa Crawford Contact Phone: 308-760-5951 Contact Email: crawford_c2@hotmail.com</p>	<p>Date: September 20 Location: Sidney Softball Field #3 Legion Park Time: 4:00 pm - 7:00 pm <i><u>For more information, please contact:</u></i> Contact Name: Liz Borgmann Contact Phone: 308-249-0095 Contact Email: daretobefitpt@gmail.com</p>

***It is recommended that you register before you come to walk, you can register also at: afsp.donordrive.com

“Suicide is a public health problem plagued by silence and stigma that continues to be a barrier for seeking help,” stated Janelle Visser, Health Educator for Panhandle Public Health District. “These walks help bring suicide out of the darkness and raise money for education, prevention and awareness programs.”

One in four people live with a mental health condition. This means that someone you know, has or probably has had, thoughts of suicide. We never know what another person is going through. This is a public health issue that does not discriminate by age, gender, ethnicity, or socioeconomic status.

Suicide leaves behind countless family members and friends wondering, “Why did this happen?” “How will I get through it?”

The Suicide Prevention Lifeline is a number you can call if you have a friend, neighbor, or co-worker who is struggling and you are wondering how to be supportive. It’s also a number you can call if you are ever in a crisis. Please enter this number into your cell phone 1-800-273-8255. You never know whose life you might save. It might even be your own.

For more information regarding suicide prevention efforts, contact Janelle Visser with PPHD at 487-3600 ext. 105. Information on suicide warning signs and prevention can be found at www.afsp.org. Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.