



# NEWS RELEASE

September 14, 2015

For immediate release

For more information, contact: **Janelle Hansen**, 308-487-3600 Ext. 105 or 866-701-7173

## **Preventing Suicide: Reaching Out and Saving Lives**

Persons throughout the Panhandle have the opportunity participate in the annual Out of the Darkness Community Walks in Alliance, Sidney, Scottsbluff and Chadron. The walk's primary goal is to raise awareness of the devastating effects of suicide and to raise funds for local and national suicide prevention and awareness programs.

The four locations and times:

- Alliance - Saturday, September 19, walk begins at 8 am, registration from 7-8 am at the Performing Arts Center, 1450 Box Butte Avenue.
- Sidney – Saturday, September 19, walk begins at 9 am, registration from 8 am at the Legion Park Shelter House.
- Scottsbluff - Saturday, September 26, walk begins at 9 am, registration from 8-9 am at the Riverside Zoo Pavilion walking trail.
- Chadron - Saturday, October 3, walk begins at 9 am, registration from 8-9 am at Wilson Park.

“Suicide is a public health problem and is plagued by silence and stigma that continue to be barriers for seeking help,” stated Janelle Hansen, 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 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 socio economic 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 and co-worker who is really 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 the Panhandle Suicide Prevention Task Force events call Janelle Hansen with PPHD at 487-3600 ext. 105. Information on suicide warning signs and prevention can be found at [www.afsp.org](http://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.