



JOIN TEAM NEIGHBORHOOD COLLECTIVE!

Washington, D.C. Walk October 18, 2025 Lincoln Memorial



AFSP's Out of the Darkness Walks are a journey of remembrance, hope, and support. They unite our communities and acknowledge how suicide and mental health conditions have affected our lives and the lives of those we care about. Join the movement to create a culture that's smart about mental health by joining team Neighborhood Collective, giving a gift, becoming a sponsor, and/or signing up to volunteer at:

afsp.org/NeighborhoodKind



American
Foundation
for Suicide
Prevention



Just the Facts:

25% of Americans will experience a major depressive event during their lives, but only half will receive treatment

800,000 people die by suicide every year, worldwide. That's one person every 40 seconds.

White males have the highest rate of suicide in the US, Native Americans are 2nd, and African American men are 3rd.

Suicide is completely preventable. If you notice a drastic change in their mood, particularly after any massive life event, don't be afraid to ask.

DO: Ask, "Are you thinking about hurting yourself?"

DON'T: Ask, "you're not thinking about suicide, are you?"

Be prepared to listen without judgment. If you're at a loss for how to help, encourage them to reach out to a therapist or trained professional.

If you are struggling with thoughts of suicide or self-harm, please know you are not alone. You are surrounded by people who love and support you. Don't be afraid to reach out.

Important Numbers to remember:

988- the new Suicide Prevention and Crisis Line. There will be an option to press 1 as soon as you dial if you are active or former military, which will immediately connect you with their veterans line. You can also text 741-741.

The Trevor Project is a crisis line for members of the LGBTQIA+ Community. They have specially trained counselors ready to reach out to any member, and have support groups for students who identify as LGBTQIA+. They're crisis phone number is 1-866-488-7386. You can also text "START" to 678-678.

Want more information? Try these!

The Trevor Project-

www.thetrevorproject.org

Suicide Awareness Voices of Education-

www.save.org

Substance Abuse and Mental Health Services Administration-

www.samhsa.gov/suicide-prevention

TheHopeLine (The Dawson McAllister Network- www.thehopeline.com

The Reach Out (specifically for children and youth)- www.reachout.com

American Foundation for Suicide Prevention (AFSP)- www.afsp.org

You can also participate in an Out of the Darkness Walk, through AFSP. DC will have their annual walk on October 21, 2023. www.afsp.org/walks

For questions or more information, contact Sarah Chambers at youth@franconiaumc.org