



American Foundation *for* Suicide Prevention



July 7, 2009

Dear Greene County School Superintendent:

We are proud to announce that a Greene County "Out of the Darkness Walk" will be held in Catskill, NY this fall. This is a collaborative team effort of committee members from NAMI of Greene County, (National Alliance for Mental Illness), Greene County Mental Health, Greene County Mental Health Subcommittee, Community Services Board, and the Mental Health Association of Columbia and Greene Counties. The walk will be held on Saturday, October 10, 2009 at Dutchman's Landing in Catskill. (In case of rain it will begin at the warehouse at Catskill Point). Registration will be from 1:30 – 2:30 pm. Opening remarks will be at 2:30 pm. The walk will step off from Dutchman's Landing at 2:45 pm heading to the top of Main Street and back to Dutchman's Landing. Closing remarks at 4:00 pm at the Gazebo will conclude the walk.

We would like you to pass this information on to your local Teacher's Union organization, the CSEA organization, PTA and any service clubs at your school. Yellow Ribbon clubs are especially encouraged to attend. We are hoping to make this an annual Greene County event and would like your District to create a team or teams to join the walk. Many of our participants set up teams and walk in memory of a loved one lost to suicide. Others walk to raise funds to increase awareness of mental health issues and promote those local organizations that can provide assistance. Materials from local organizations will be displayed and available the day of the walk.

By walking in the Out of the Darkness Community Walks you will be walking with thousands of people nationwide to raise money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, and help in reaching out to people with mental disorders and those impacted by suicide. Funds raised by this walk will also benefit the Capital Region Chapter of the American Foundation for Suicide Prevention (AFSP) ([AFSP-Capital Region New York](#)). Locally, this money is supporting programs for outreach following suicide loss as well as community education programs. The Chapter has supported safeTALK training (suicide alertness for everyone-Tell/Ask/Listen/KeepSafe) and ASIST training in local communities, and we are committed to making each community a "suicide safe community".

AFSP provides opportunities for survivors of suicide loss to get involved through a wide variety of educational, outreach, awareness, advocacy and fundraising programs. If you have any questions or would like to receive more information, please contact Deborah Johnson at 943-6990 (leave message) or via email johnsond97@gmail.com. (I will be on vacation from July 11 to July 18.)

The **American Foundation for Suicide Prevention** (AFSP) is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

AFSP Capital Region Chapter · P.O. Box 2143 · Ballston Spa, NY 12020 · (518) 899-0021 · www.afsp.org



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Please visit www.outofthedarkness.org for more information about AFSP and the ***Out of the Darkness*** community walks. There is a link to register for the Greene County Walk. Information is also included with this letter.

Thank you! Looking forward to seeing your school represented in October!

Sincerely,

Deborah Johnson
Walk Chair

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