

Rocky Mount TELEGRAM

Walk to boost anti-suicide efforts

BY AMELIA HARPER

Staff Writer

Tuesday, September 4, 2018

The Out of Darkness Tri-County Walk to be held in Pinetops this weekend will kick off a series of September events in North Carolina designed to call attention to Suicide Prevention Awareness and National Recovery Month.

The walk, which will be hosted by the American Foundation for Suicide Prevention, will be held Saturday at Pinetops Park. Registration begins at 9 a.m. and the walk begins at 10 a.m.

“When you walk in the Out of the Darkness Walks, you join the effort with hundreds of thousands of people to raise awareness and funds that allow the American Foundation for Suicide Prevention to invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss,” the event website states.

The American Foundation for Suicide Prevention has set a goal to reduce the annual suicide rate by 20 percent by 2025, according to information from the organization.

Trillium Health Resources is helping to publicize the events related to suicide prevention this month and offers ongoing resources to support people who are contemplating suicide. Trillium’s 24-Hour Access to Care Line is open to anyone seeking treatment. That Care Line number is 1-877-685-2415. Trillium is Nash County’s mental health care organization.

In 2016, 198 people committed suicide in the Trillium service area, Jennifer Mackethan, communications and marketing director for Trillium Health Resources said in a recent press release. Mackethan also estimates that more than 35,000 uninsured people in Eastern North Carolina are in need of treatment for an addiction.

“The National Alliance on Mental Illness and the National Suicide Prevention Lifeline help promote Suicide Prevention Awareness Month to help reduce the stigma associated with suicide. The Substance Abuse and Mental Health Services Administration started National Recovery Month in 1998 to help increase support and resources for individuals and families affected by addictions,” Mackethan said in the release. “We need to spread the message that recovery is possible and help is available.”

For more information or to register in advance for Saturday’s Out of Darkness Tri-County Walk, call McCauley Reese at 252-382-7220 or go to <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=5668>