

SUICIDE AWARENESS MEMORIAL WALK

It is important to recognize the importance of mental wellness, so come join us for our 11th Annual Event in memory of loved ones lost to suicide and for awareness and education towards prevention. This event is not a fundraiser – please walk with us in support of mental health and suicide prevention.

DATE: Saturday, October 12, 2019

TIME: 9:30-11:30AM

Registration begins at 9:30AM at Carlton High School, walk at 10:00AM

START/FINISH: Carlton High School, Carlton, MN

WALK: Approx. 20 minutes (beginning and ending at the school)

The non-competitive walking route will begin and end at the school

SPEAKERS: Sandy Raisanen & Annette Mills

Suicide touched their family personally five years ago, when their brother, Dave, took his life after years of struggling to overcome mental health struggles. Sandy was fourteen and Annette four years old when Dave was born. His long time battle with mental illness affected these sisters in different and life-changing ways.

Also sharing:

Local Mobile Crisis: Representatives will share about local services available, who can and how to access them, and what they can provide.

National Alliance on Mental Illness (NAMI): A NAMI member will share about local NAMI resources, opportunities available for families, and how to get involved.

Speakers share for approximately 30 minutes (total) following the walk, at the school – includes light refreshments

Other Walk Details:

- Part of our banner will include a “ribbon remembrance” that will allow you to honor the person you know who has attempted, or completed a suicide. We will carry this with us on the walk.
- Information on suicide awareness, suicide education, and Crisis Text line will be available.
- Participants may want to wear something with the name/picture of the person they are honoring the memory of (not required).

If you have questions, please call Meghann Levitt at 218-879-4511