



# Out of the Shadows

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## A walk to remember those lost to suicide

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You can make a difference by participating in Lifeline's Out of the Shadows - national suicide prevention walks held to coincide with World Suicide Prevention Day.

Join us as we walk to raise awareness, remember those lost to suicide and unite in a commitment to prevent further deaths by suicide.

**See below for details of events in your local area.**

**Centre:**

**Event Date & Time:**

**Meeting Point:**

**Additional Information**

To get involved or to make a donation, visit **[outoftheshadows.org.au](https://outoftheshadows.org.au)**