

12th annual INTO THE LIGHT WALK AND TALK

suicide awareness &
remembrance walk 2019

BY THE SURVIVORS OF LOVED ONES OF SUICIDE SUPPORT (SOLOS)
& SOUTH AFRICAN DEPRESSION & ANXIETY GROUP (SADAG)

Sunday, 8 September
8.30am to 10.30am

Please join us at **Durban View Park, Marine Drive, Umhlanga** for a short walk along the beach front promenade (paved & wheelchair accessible). We will walk to the pier where we will write messages on pebbles in remembrance of loved ones lost to suicide. Anyone is welcome to join us - walk in memory of a loved one lost or support awareness for this cause.

working together to prevent
suicide talk 2019

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Friday, 13 September
14.30pm to 16.00pm

Please join us at **Durban Art Gallery (DAG), Smith Street, 2nd Floor, City Hall, Durban** for a talk on suicide prevention and awareness by Lori Barausse from Survivors Of Loved Ones of Suicide (SOLOS).

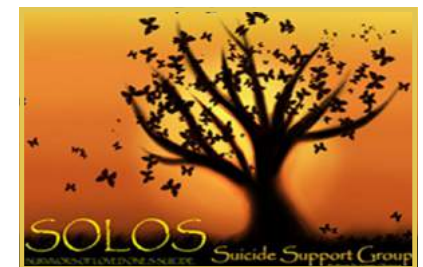
Click here to
RSVP TALK
before
12 Sept 2019

or confirm on email at
mentalhealthmatters3@gmail.com



For more information contact:
SOLOS Support Group
www.survivorsof suicide.co.za
083 256 5993 / 083 652 0117
suicideprevent@gmail.com

SADAG Suicide Crisis Line
www.sadag.org
0800 567 567



"Don't walk through your toughest day
alone. We're in this together."