



## **THOUSANDS OF MEN AND WOMEN TO WALK 20 MILES THROUGH THE NIGHT IN THE 2<sup>nd</sup> NATIONAL OUT OF THE DARKNESS OVERNIGHT**

### **Benefiting the American Foundation For Suicide Prevention**

On July 16 & 17, 2005, thousands of men and women will embark on a 20-mile walk, from sunset to sunrise, to raise funds and awareness for suicide prevention, education and survivor programs. Funds raised from the Out of the Darkness Overnight event will benefit the American Foundation for Suicide Prevention (AFSP). The Overnight will be similar to the inaugural Out of the Darkness walk held in Washington, D.C. in 2002, which raised \$1.2 million and brought together 2,400 walkers and volunteers nationwide. This summer, The Overnight will take place in Chicago.

It is estimated that each year, close to 1 million Americans will make a suicide attempt, 30,000 will die by suicide, and more than 20 million will suffer from depression. Suicide is also the third leading cause of death among teens and young adults and the second leading cause of death for college students. Americans over the age of 65 account for 20 percent of all suicide deaths each year.

The Out of the Darkness Overnight will start on Saturday evening, July 16, 2005, and end with a Closing Ceremony on Sunday morning, July 17, 2005. The walkers will cover about 20 miles during the event, walking at their own pace. The walkers will be supported by volunteer crew members who will provide meals, water and snack stops, portable restrooms, safety on the streets and basic first aid services.

In order to participate, each walker must train for the event and agree to raise a minimum of \$1,000 (many walkers will raise much more). To help prepare for the event, each walker is supported by a coach who will assist in all aspects of training and fundraising. Clinics, meetings, training sessions and mailings provide ongoing support. To learn how to register or make a donation to the Out of the Darkness Overnight, visit [www.TheOvernight.org](http://www.TheOvernight.org) or call 888-NIGHT-05 (888-644-4805).

### **About the American Foundation For Suicide Prevention:**

The American Foundation For Suicide Prevention (AFSP) is the only national not-for-profit organization dedicated to funding suicide prevention research, education and awareness programs – both to prevent suicide and to assist those affected by suicide. AFSP was founded in 1987 by concerned scientists, business and community leaders, and by those who have lost loved ones to suicide. AFSP is headquartered in New York with 20 affiliate offices nationwide. In 2004, AFSP awarded more than \$1.2 million in research grants and invested an equal amount in suicide prevention education and support services for surviving families and friends.

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On July 16 & 17, 2005, thousands of men and women will embark on a 20-mile walk along the Chicago lakefront, from sunset to sunrise, to raise funds and awareness for suicide prevention, education and survivor programs. Funds raised from the Out of the Darkness Overnight event will benefit the American Foundation for Suicide Prevention (AFSP). Net proceeds will fund research, education, survivor and awareness programs – both to prevent suicide and to assist those affected by suicide.

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