



COUNTY OF SAN DIEGO NEWS RELEASE

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COUNTY TO PARTICIPATE IN WALK FOR SUICIDE PREVENTION *Out of Darkness Community Walk to Take Place Sunday, Oct. 29*

The San Diego County Health and Human Services Agency (HHS) will join in the second annual Out of Darkness Community Walk Sunday, Oct. 29, to raise awareness of suicide and suicide prevention.

The 5k (three mile) walk will take place from 8:30 a.m. – 1 p.m. in Balboa Park, corner of Sixth and Laurel. Registration begins at 7:30 a.m. Nearly 70 other walks will take place the same day across the nation, to help fund research, education and prevention initiatives designed to reduce the loss of life from suicide, as well as to provide support for survivors.

“Suicide doesn’t just affect families and friends, it affects entire communities, and we hope the community will join us in this walk,” said Alfredo Aguirre, acting director, HHS Adult Mental Health Services.

Carol LeBeau, KGTV Channel 10 News anchor, will speak along with Aguirre. Entertainment, information booths and a remembrance area are all part of the walk.

Suicide is the number one cause of non-natural deaths in San Diego County. Older Americans over the age of 65 account for 20 percent of all suicide deaths. Suicide is the third leading cause of death among teens and young adults and the second leading cause of death for college students. The fastest growing group completing suicide is children, ages 10 – 14.

For more information on suicide prevention and the walk, call County Mental Health Services Access & Crisis Line at 1-800-479-3339 or visit the following Web sites:

<http://www.sandiego.networkofcare.org/mh>, <http://www.outofthedarkness.org>; <http://www.afsp.org>.

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