FOR IMMEDIATE RELEASE

MENTAL HEALTH AWARENESS MONTH KICKS-OFF WITH VIRTUAL SUICIDE AWARENESS COMMUNITY-BASED PRESENTATION

Chatham Residents Are Invited to Join the Conversation and Help Break the Stigma Around Mental Illness

CHATHAM TOWNSHIP, NJ – May 5, 2020 – In a continuing effort to raise awareness of suicide prevention Chatham residents are invited to join a virtual “Talk Saves Lives” presentation hosted by the American Foundation for Suicide Prevention on Friday, May 8, 2020 at 1:00 PM. Individuals must register by Thursday, May 7 at 6:00 PM at https://bit.ly/2zZnZLw.

The hour-long presentation will cover the general scope of suicide and the research on prevention. Attendees will also learn the risk and warning signs of suicide and what they can do to prevent it. Although suicide is the tenth leading cause of death in the United States and the 11th leading cause of death overall in New Jersey — too few people know how to help someone who may be suffering from a mental health condition, like depression or who may be in a suicidal crisis.

“Suicide is preventable and while it’s not a topic that is often discussed I hope our ongoing efforts to shed light on this important topic will encourage our residents to learn how together we can help prevent suicide,” said Curt Ritter Co-Chair of the annual Out of the Darkness Walk in Chatham Township. “We know that suicide does not discriminate, and I encourage all residents to take one hour of their time to attend this important presentation.”

Residents are also reminded that this September 12, Chatham Township will serve as host of the fifth annual Out of the Darkness Walk at Cougar Field. The Walk aims to raise awareness of suicide prevention and to raise funds to support suicide prevention. Last year the Walk raised more than $100,000 among more than 400 walkers. The event attracts participants from Morris, Essex, Bergen, Union, and Somerset counties, and has raised more than $300,000 since 2016. Individuals can register at www.afsp.org/chathamtwp or sign-up to volunteer at https://bit.ly/2z6mjPY.

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