



AMERICAN FOUNDATION FOR  
Suicide Prevention

**FOR IMMEDIATE RELEASE**

**WALKERS TAKE TO THE STREETS TO FIGHT SUICIDE**

Chatham Township Out of the Darkness Community Walk Scheduled for Saturday, September 24<sup>th</sup> Aims to Increase Awareness of Suicide Prevention

**CHATHAM TOWNSHIP, NJ** - July 25, 2016 – [The Chatham Township Committee](#) today announced that in its continuing efforts to raise awareness of suicide prevention it will host the inaugural [Chatham Township Out of the Darkness Community Walk](#) on Saturday, September 24<sup>th</sup> at 9:00 AM. The event will take place, rain or shine, at the Chatham High School, on Lafayette Avenue. Participants can register as an individual, or as a team, by visiting the Chatham Township Community Walk website at [www.afsp.org/chathamtwp](http://www.afsp.org/chathamtwp). Individuals are also encouraged to ‘Like’ the Walk’s Facebook page at <http://bit.ly/29SsLI9>

[Mayor Curt Ritter](#), speaking on behalf of the Committee, said, “Suicide is preventable, and while it’s not a topic that is often discussed, we believe our inaugural Community Walk will help shed light on this important issue. Suicide touches one in five American families and we hope that by walking we save lives and bring hope to those affected by suicide. Earlier this year, we heard statistics from the School District of the Chathams in which four percent of middle school students and eight percent of high school students have thought about suicide. We know that suicide does not discriminate. I encourage all residents to consider participating in this important event and support our efforts to help prevent suicide.”

Individuals and local businesses that have an interest in sponsoring the Chatham Township Out of the Darkness Community Walk can contact Curt Ritter at [curt.ritter@gmail.com](mailto:curt.ritter@gmail.com) or Len Resto at [lenresto@optonline.net](mailto:lenresto@optonline.net).

Suicide is the tenth leading cause of death in the United States, and the 12th leading cause of death overall in New Jersey, yet suicide is preventable. Hundreds of individuals from throughout Morris and Union Counties are expected to participate in the walk, which will support the [American Foundation for Suicide Prevention's](#) local and national education and advocacy programs and its bold goal to reduce the annual rate of suicide 20 percent by 2025.

“These walks are about turning hope into action,” said [AFSP CEO Robert Gebbia](#). “Suicide is a serious problem, but it’s a problem we can solve. The research has shown us how to fight suicide, and if we keep up the fight the science is only going to get better, our culture will get smarter about mental health, and we’ll be able to save more people from dying from depression and other mental health conditions.”

The Chatham Township [Out of the Darkness Walk](#) is one of more than 375 Out of the Darkness Community Walks being held nationwide this year. The walks are expected to unite more than 250,000 walkers and raise millions for suicide prevention efforts.

Earlier this year, the Chatham Township Committee hosted a community-based presentation, “Talk Saves Lives,” in conjunction with the [American Foundation for Suicide Prevention](#). Individuals can view a replay of the presentation at <http://bit.ly/2aoTsWs>

**Editor’s Note:**

Follow us on [Facebook](#) and [Twitter](#). Register for *Alert Chatham Township Now! (ACT Now!)* the Township’s Emergency & Community Alert system at [chathamtownship-nj.gov](http://chathamtownship-nj.gov).

**About The American Foundation For Suicide Prevention**

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that’s smart about mental health through education and community programs, develops suicide prevention

through research and advocacy, and provides support for those affected by suicide.  
[www.afsp.org](http://www.afsp.org)

### **About Chatham Township**

Chatham Township is located in Morris County New Jersey. It has approximately 11,000 residents and nearly 4,000 households. Individuals interested in receiving emergency and community alerts can visit [www.chathamtownship-nj.gov/resident-communications.html](http://www.chathamtownship-nj.gov/resident-communications.html) and can learn more about Chatham Township at [www.chathamtownship-nj.gov](http://www.chathamtownship-nj.gov)

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# WALK TO FIGHT SUICIDE

**OUT OF THE DARKNESS** Community Walks  
Suicide Prevention Starts With Everyday Heroes Like You. Register Today.

**Chatham Township**  
**Out of the Darkness Community Walk**  
Presented by: AFSP Northern NJ

**September 24, 2016**  
Chatham High School  
Lafayette Ave  
Registration Time: 9:00am  
Walk Time: 10:00am  
Register Today: [afsp.org/chathamtwp](http://afsp.org/chathamtwp)



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[afsp.org/walk](http://afsp.org/walk)

**WALK. VOLUNTEER. DONATE.**