

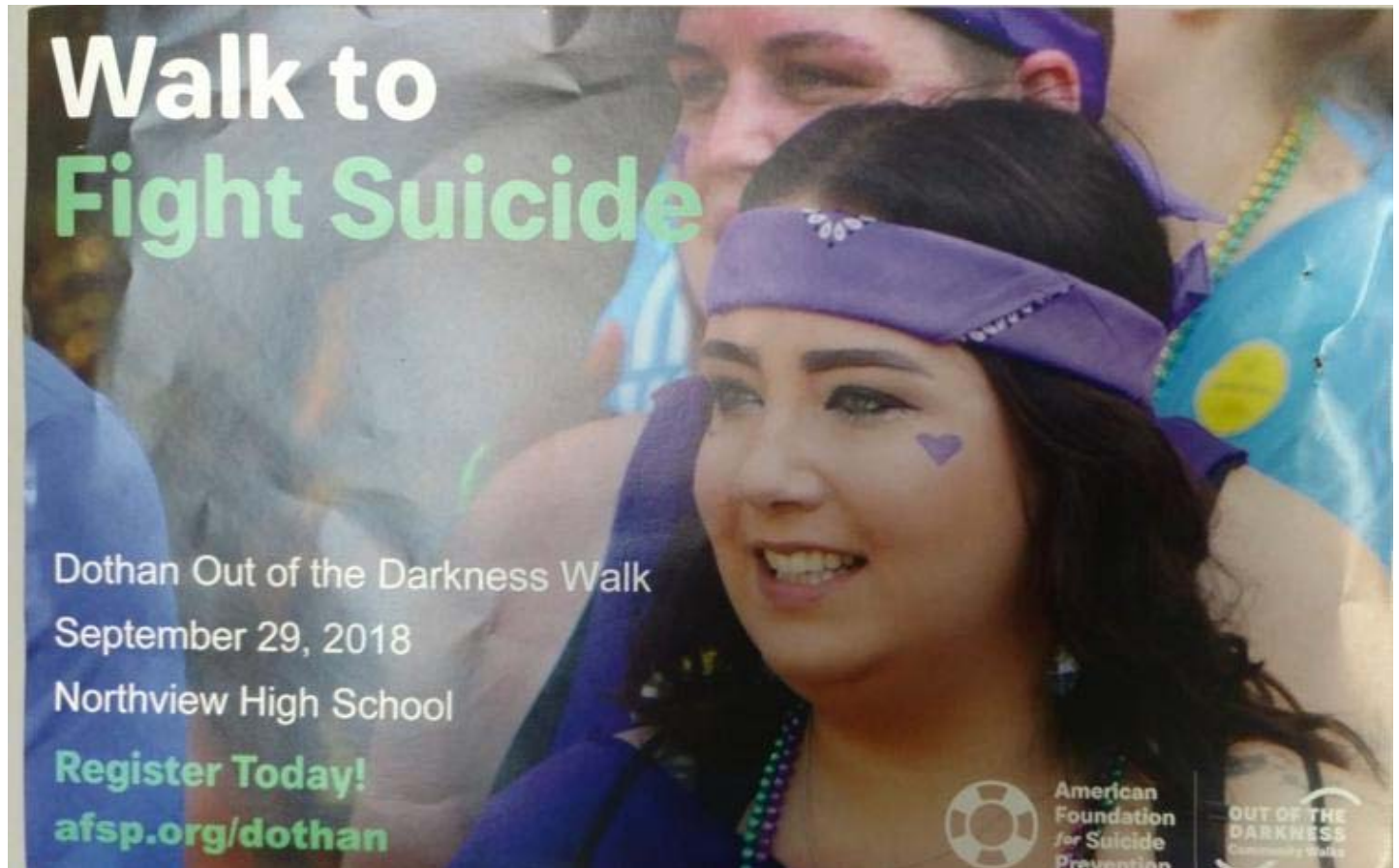


https://www.dothaneagle.com/news/local/walk-to-fight-suicide-planned-for-sept/article_38617596-a7b4-11e8-bdc3-0b1c62c3d23f.html

Walk to fight suicide planned for Sept. 29

Michele W. Forehand

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In Alabama, one person dies by suicide every 12 hours on average, making it the 11th leading cause of death, according to the Alabama Department of Public Health.

To increase suicide prevention and awareness, the American Foundation for Suicide Prevention Alabama will host its annual Dothan Out of the Darkness Walk on Sept. 29 at Northview High School. Registration begins at 10 a.m. with the walk beginning at 11 a.m. So far, \$3,412 has been raised, but donations can be made through December. Donations raised will go toward increasing awareness for suicide.

A candlelight vigil is also scheduled for Sept. 11 at Landmark Park at 7 p.m.

"This event is designed to draw awareness to suicide," said Roxane Fuentes, chairperson of Dothan Out of the Darkness Walk. "Last year more than 700 people registered to walk, and even more showed up for the event. The event is filled with information, support and compassion. Our hopes are to show everyone who is dealing with thoughts of suicide or has attempted suicide that there are people who care, and someone will listen."

Fuentes knows all too well how having thoughts of suicide can be overpowering.

"In the past I have tried to commit suicide," Fuentes said. "I believe my first attempt was at the age of 9. I was tired of the way I was treated at school and I was tired of being bullied, harassed, depressed, and I had been sexually abused."

Over the years and many attempts later, Fuentes realized she had to overcome and survive.

"I realized it was my journey in life to go through what I went through to help someone else," Fuentes said. "Helping with this walk and sharing my story has given me purpose. I don't want anyone to go through what I went through. I don't want anyone to be afraid to seek help or speak up. My main goal is to make sure anyone thinking about suicide knows they are not alone."

Fuentes encourages everyone to attend this year's Out of Darkness Walk.

"Not only will the proceeds from the event go to the American Foundation for Suicide Prevention, several reference tables will be set up providing material regarding suicide prevention and awareness," Fuentes said. "Also, we will have several food vendors on site offering a variety of food items."

To make a donation, or to find out more information regarding the Dothan Out of Darkness Walk, call 334-547-5120.

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The advertisement features a red background with white and yellow text. On the left is the Tom West logo. The central text provides contact information for Kristy Cox. On the right is a portrait of Kristy Cox. A button labeled 'Click Here For Info!' is positioned between the contact text and the portrait.

 Please contact Kristy for all of your real estate needs at [334-661-6688](tel:334-661-6688)

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