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8th Annual South Alabama Out of the Darkness Walk

Joe Emer Sep 21, 2018

Lydia Barber, lost her son to suicide 8 years ago in October. A year later and every year since, she has been involved in the South Alabama Out of the Darkness Walk.

The South Alabama Out of the Darkness Walk is one of 6 walks in the state of Alabama and 400 Walks in the country. The OOTD Walks are the major fundraisers for the American Foundation for Suicide Prevention, the world's largest foundation for suicide research, education, advocacy and survivor support.

8th Annual South Alabama Out of the Darkness Walk

Daphne City Hall, Main Street, Daphne;

Sunday, October 14th

afsp.org/Daphne

Registration begins at 1 pm and walk starts at 2:45 pm, butterfly release at 3:45 pm, ends at 4 pm. There will be a Memory Wall and Table to put pictures, poem or mementos.

about a loved one who died from suicide.

Registration is free, but if you raise \$150, you get this year's Walk to Prevent Suicide shirt.

National Suicide Prevention Hotline: 1-800- 273-TALK (8255)

Crisis Text Line: Text HELP to 741741

Information about Suicide Prevention and Awareness: AFSP.org (American Foundation for Suicide Prevention)

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Support those living with mental health issues

Joe Emer

Studio10 Host