



## A walk to remember those lost to suicide

You can make a difference by participating in Lifeline's Out of the Shadows - national suicide prevention walks held to coincide with World Suicide Prevention Day.

Join us as we walk to raise awareness, remember those lost to suicide and unite in a commitment to prevent further deaths by suicide.

### Location

Yeppoon Reflection Site/Respect Tree beside Rotary Park on Farnborough Rd.  
Contact Helen 07 4992 1040

**Name** Capricorn Coast:  
RUOK? & Suicide Prevention Walk

**Walk Date** 9th September 2022

**Time** 6:45am gather for 7am start

**Enquiries** LLW-SPG@outlook.com

#### Additional Information

Walk starts and finishes at the Reflection Site; less than 500m walk. Physical distancing is everyone's responsibility: please stay home if unwell. Wellbeing support, masks, hand sanitisers and light refreshments provided.

This activity is an initiative of Livingstone Living Well-Suicide Prevention Group. It is made possible through joint funding received from the Australian Government through the PHN Program and through Wesley LifeFORCE.

In-kind support is received from Central Queensland Rural Health, Queensland Health (Capricorn Coast Mental Health Team), Livingstone Shire Council, Lifeline Rockhampton, Standby Support After Suicide and AnglicareCQ.

**To get involved or to make a donation,  
visit [outoftheshadows.org.au](http://outoftheshadows.org.au)**