

Suicide prevention walk will be Sunday

This coming Sunday (Sept. 10) is World Suicide Prevention Day.

The Caledon Suicide Prevention Working Group, made up of community agencies serving the Caledon area in an effort to reduce the number of suicides in the community, will be hosting a walk along the Caledon Trailway to raise awareness and work toward a common goal of preventing deaths by suicide.

The walk will run from 10 a.m. to noon, commencing at Innis Lake Road and going to Airport Road, returning back to Innis Lake Road. Following the walk, refreshments and cake will be served for all those who participate.

This year's theme is "take a minute, change a life."

The purpose of this event is to bring members of the community together in a social but informative setting to reduce the stigma surrounding mental health issues and work toward eliminating suicides and attempted suicides.

The Caledon Suicide Prevention Working Group focuses on creating awareness, promoting training opportunities, and establishing an up to date list of contact information for support services accessible to all residents within Caledon.

Visit www.caledon.ca/crisis for valuable information and resources available to Caledon residents in crisis.