

For Immediate Release –
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Contact: Pat Lyden or Marti Neveu
216.464.3471
plyden@speaneohio.org or mneveu@speaneohio.org

Suicide Prevention Education Alliance (SPEA) To Hold
6th Annual Into the Light™ Walk

A person dies by suicide every 16 minutes in the United States. Every 16 minutes there is another reason to Walk.

The 6th annual the *Into the Light™ Walk* will be held on Sunday evening, September 27, 2009 at the Cleveland Metroparks Zoo to benefit Suicide Prevention Education Alliance (SPEA). Suicide is the third leading cause of death for young people aged 15-24. The Ohio Department of Mental Health reports that over 20% of high school students have considered suicide, 14% have made a plan and 8% have made an attempt.

The Into the Light™ Walk has three goals: to “shine the light” on depression and suicide prevention; to provide an opportunity for survivors of suicide to experience healing in a safe, anonymous way; and to raise funds to support SPEA and its signature program, Recognizing Adolescent Depression and Suicide Prevention, which is delivered in 77 Northeast Ohio high schools.

Loree Vick, formerly a Fox 8 News Anchor, will emcee the program. Dick Russ of Channel 3 News is Honorary Chairman. The 1.5-mile Walk will be followed by an awards ceremony with trophies for the top three fundraising high schools. Walkers will receive a free T-shirt.

Registration is required by mail or online at www.helppreventsuicide.org. The registration fee is \$25. Donations are accepted in any amount. Check-in begins at 6:00 p.m. For more information, call SPEA at 216.464.3471.

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The mission of Suicide Prevention Education Alliance is to prevent suicide and promote recognition of adolescent depression through education and alliances with community partners. (SPEA) a survivor of suicide loss.

SPEA has trained more than 5,000 professionals in suicide prevention. In response to community need, SPEA developed its signature school program, **Recognizing Adolescent Depression and Suicide Prevention**, and has delivered the program to 55,000 students in 77 Northeast Ohio high schools. Students are taught by SPEA's professional Instructors that they are the “first line of defense” in preventing suicide, since teens who make a plan to end their lives often inform a friend. The goal of the program is to cause students who are at risk of suicide or who are suffering from major depression or bi-polar disorder to seek the help of a mental health professional. Post surveys consistently indicate that 5% of students seek the help of a mental health professional in the weeks following their participation in the program. To schedule this lifesaving program in your school or youth group, call Suicide Prevention Education Alliance (SPEA) at 216.464.3471. To learn more visit www.helppreventsuicide.org.