



Panhandle Health District

Healthy People in Healthy Communities

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Panhandle Health District

FOR IMMEDIATE RELEASE

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8th Annual 'Save the One' Walk Set for September 10th

COEUR D'ALENE - The Suicide Prevention Action Network (SPAN) of Idaho will commemorate National Suicide Prevention Week in Coeur d'Alene with the 'Save the One' Walk meant to prevent and bring awareness to suicide in North Idaho.

The 3.2-mile walk is SPAN's signature event and brings together friends, family, and neighbors in support of preventing deaths by suicide in North Idaho. In its eighth year, the walk has been instrumental in expanding suicide awareness. This year, the walk will start at a new location at Coeur d'Alene's City Park.

In partnership with local health organizations, SPAN is dedicated to continuing suicide awareness programs, support groups and educational opportunities in North Idaho. All proceeds from registration costs fund SPAN's local suicide prevention efforts and resources.

"Beyond vital funding, the 'Save the One' Walk brings hope and community to the family and friends of people we've lost to suicide, said SPAN Chair, Catherine Perusse. "Many walkers may not be directly affected, but understand that deaths by suicide are too common and have become a serious public health issue in our community."

According to the Idaho Vital Statistics, suicide is the 2nd leading cause of death for Idahoans age 15-34 and for males age 10-14. Idaho is consistently among the states with the highest suicide rates.

"It's important for community members to come together - advocating for good policy, smart approaches to mental health and greater support for those affected by suicide," said Lora Whalen Panhandle Health District Director.

Immediately before the race begins, Dr. Heidi Rogers, CEO/Executive Director of the Northwest Council for Computer Education, will give brief remarks. "Talking about suicide can no longer be considered taboo. By raising awareness and educating our friends and neighbors about the resources and tools available, I believe lives will be saved," Rogers added.

To learn more about SPAN's suicide prevention efforts in northern Idaho, visit <http://www.spanidaho.org/region-1-coeur-dalene>.

EVENT DETAILS:

8th Annual 'Save the One' Walk

WHEN: Saturday, September 10, 2016 – 10:00 am-12:00 pm.
Registration opens at 9:00 am

WHERE: Coeur d'Alene City Park (Start at the Rotary Bandshell)
415 Mullan Road, CDA, ID 83815

Register online: <https://www.eventbrite.com/e/8th-annual-save-the-one-suicide-prevention-walk-tickets-26671468079>

Participants will receive a T-shirt and "goodie bag" with their \$15.00 registration fee.

For more information or opportunities to get involved, contact Catherine Perusse at (208) 290-6161.

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About SPAN Idaho:

SPAN Idaho's mission is to eradicate suicide in Idaho through statewide advocacy, collaboration and education in best practices. SPAN has created statewide regional chapters to carry out prevention efforts at the local level, and regularly conduct training conferences for with nationally recognized speakers.

Idaho has consistently been among the top ten states with the highest suicide rates in the nation. Suicide is a complex and difficult problem and solutions developed in other parts of the country may not address Idaho's needs. We continue working with the citizens and communities across the state to develop and implement strategies to reduce suicide and suicidal behavior.