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August 4, 2017

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Annual Suicide Prevention Walk Set for September 9th

COEUR D’ALENE - The Suicide Prevention Action Network (SPAN) of Idaho will commemorate National Suicide Prevention Month in Coeur d’Alene with the ‘Break the Silence’ walk. The 5K walk is SPAN's signature fundraising event bringing together friends, family, and neighbors to increase awareness of suicide and suicide attempts in North Idaho.

According to the Idaho Vital Statistics, suicide is the second 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.

“Whether or not you’ve been directly affected, we all understand that deaths by suicide are too common and have become a serious public health issue in North Idaho,” said Lora Whalen Panhandle Health District Director. “It’s important for us to come together - advocating for good policy, smart approaches to mental health and greater support for those affected by suicide.”

The event kicks off with brief remarks and check-in at 9:30 AM, before participants take to the course along the Centennial Trail.

EVENT DETAILS:

9th Annual ‘Break the Silence’ Walk

WHEN: Saturday, September 9, 2017 – 10:00 am-12:30 pm.
Check-in/Registration opens at 9:30 am

WHERE: Riverstone Park
1805 Tilford Lane, CDA, ID 83815

Register online: https://www.eventbrite.com/e/break-the-silence-suicide-awareness-prevention-5k-walk-tickets-34345284671. Registration is free, with an option to purchase a ‘Break the Silence’ t-shirt for $20.00.
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.

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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.

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