

2010 NH SOS Community Calendar

September

American Foundation for Suicide Prevention (AFSP) Hosts NH Out of the Darkness Walks

AFSP will host Out of the Darkness Walks for suicide prevention in Portsmouth and Hanover. All proceeds will benefit AFSP's suicide prevention efforts. Complete details and registration information are available online at www.outofthedarkness.org.

October

NAMI NH Raises Awareness and Funds for NH Suicide Prevention and Mental Illness Efforts

Join us as we walk together again to raise awareness and funding for suicide prevention and mental illness. Everyone is welcome! NAMIWalks NH will take place on Sunday, **October 3** on the grounds of New Hampshire Hospital in Concord. Check-in begins at 9:00 am. For more information visit www.naminh.org and click on the NAMIWalks logo.

Survivor's Speakers' Bureau Training

NAMI NH will hold a two day training for survivors who would like to learn to tell their stories safely. By speaking about personal loss, and telling the story about a loved one's life and death, survivors can promote healing and understanding, which in turn supports and encourages suicide prevention efforts. To register, or for more information, please contact Becky McEnany at 225-5359, or by email at bmccenany@naminh.org.

Paddlepower

Paddlepower is an annual awareness and fund raising event designed to help prevent the tragedy of suicide. Proceeds from Paddlepower support the emergency crisis intervention services offered to the community by West Central Behavioral health. For more information, go to www.paddlepower.org.