

# **WALK WITH US**

## **TO PREVENT SUICIDE**

### **Pittsburgh Walk Event Guide**

[afsp.org/Pittsburgh](https://afsp.org/Pittsburgh)



**American  
Foundation  
for Suicide  
Prevention**



# Preparing for Walk Day

**We want you to have the best Out of the Darkness Walk experience possible! Here is a guide to help you prepare.**

All are welcome!



## Registration

- We recommend all attendees register for the walk online at [afsp.org/walk](https://afsp.org/walk) prior to event day. If you pre-register online, you do not have to check-in
- QR codes for day-of registration and donations will be available at the Registration Tent
- We will also have paper registration available at the Registration Tent

## What to bring to walk day?

- Water Bottle
- Charged Phone
- Sunscreen
- Any day of event donations you would like added to your team page (checks/cash)

## Do I need to stop by the registration tent?

Please check-in at the Registration Tent if...

- You have not yet pre-registered online
- You are bringing a cash or check donation to the event
- You have reached the \$150+ fundraising threshold on your personal fundraising page and need to pickup your walk t-shirt. (Please note -if your whole team wants a shirt, each member must raise \$150 to their personal fundraising pages.)

**All other attendees are welcome to bypass the Registration Tent.**

## Tag & Follow Us On Social Media

**@afspwesternpa**



**Official Walk Hashtags:**

**#StopSuicide #OutoftheDarkness  
#OOTDWalkPittsburgh**

# On-Site Activities



**Complimentary Honor Beads will be available on-site to show your connection(s) to the cause. Learn more about our signature way to share our connection with the cause on the next page.**

**Our Loss and Healing tent will be returning this year with loss and healing activities.**

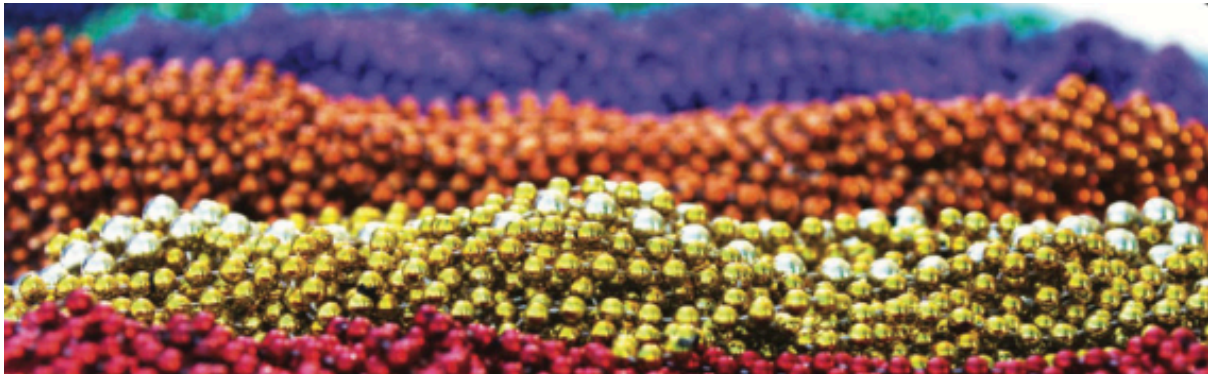


**Check out the merchandise tent, photo booth, and resource tables.**



# Honor Beads

The Out of the Darkness Walks are journeys of remembrance and events that unite a community - a time to acknowledge the ways in which suicide and mental illness have affected our lives and our loved ones. We all wear honor beads - each color shows our personal connection to the cause, and helps us identify others who understand our experience.



## What's Your Color?

Losing someone to suicide or struggling with a mental illness can feel like no one understands what you are going through.

Each color shows our personal connection to the cause and helps us identify others who understand our experience.

 <b>WHITE</b>	 <b>RED</b>	 <b>GOLD</b>	 <b>ORANGE</b>
Loss of a Child	Loss of a Spouse or Partner	Loss of a Parent	Loss of a Sibling
 <b>PURPLE</b>	 <b>SILVER</b>	 <b>GREEN</b>	 <b>TEAL</b>
Loss of a Relative or Friend	Loss of a First Responder/Military	A Personal Struggle or Attempt	Supporting Someone Who Struggles or has Attempted
 <b>BLUE</b>	 <b>RAINBOW</b>		
Supporting Suicide Prevention	Honoring the LGBTQ Community		





- ***Is there a registration fee?***

- There is no registration fee or fundraising minimum to participate. You can register for free at [afsp.org/walk](https://afsp.org/walk)
- We strongly encourage each participant to set a \$150 fundraising goal to help support AFSP's work to stop suicide and receive the official walk t-shirt!
- *More fundraising recognition prizes can be found at [afsp.org/ooldrecognition](https://afsp.org/ooldrecognition)*

- ***If I raise enough money, will my whole team get a shirt?***

- The event shirts are only given to *individuals* who raise \$150 by event day
- If your whole team wants a shirt, each member must raise \$150
- Shirts are available onsite for pick-up

- ***How do I sign up to volunteer the day of Community Walk?***

- We need volunteers to help with set up, activations throughout the day, and tear down
- Individuals and groups are welcome to sign up to volunteer
- Signing up to volunteer ahead of time will allow us to plan but day of walk up volunteers are always welcome and appreciated. Reach out to the contact listed on the Walk page to sign up!

- ***What if I do not want to walk or cannot walk?***

- Participants are welcome to join the pre-walk festivities (community resource tent, loss and healing activities, AFSP resource booth, Honor Bead Ceremony and Opening Ceremony etc.) but are not required or expected to do the walk. They are welcome to hangout in the park while their team does the walk or can also go home after the opening ceremony if they wish not to stay.

- ***What happens if it rains?***

- Rain or shine, we will gather to support and raise awareness for this important cause. Please come prepared for any weather conditions and bring any necessary items, such as umbrellas or raincoats.

- ***Parking:*** Please use the Highmark Parking Lot, there will be a \$ parking charge for all cars, so fill up a car and bring your team!

- ***Do I need to register my child?***

- *Everyone who is 13 or older by the date of the walk must register. Minors between the ages of 13-17 must have a parent or guardian agree to the electronic waiver when registering online, and must have the signature of a parent or guardian on the participant waiver when registering at the walk.*



- **How long is the walk?**
  - The walk route will be 1-3 miles long.
- **What do the funds support?**
  - All donations support the American Foundation for Suicide Prevention.
- **How does the American Foundation for Suicide Prevention fight suicide?**
  - AFSP uses your donations to:
    - Fund Research for Suicide Prevention
    - Create and Distribute Education Programs
    - Advocate for Public Policy
    - Support Survivors of Suicide Loss
- **What if I want to volunteer more than just the day of the Walk?**
  - AFSP is a volunteer-led nonprofit organization, and we would love for you to join us as a volunteer. We have events throughout the year, and your involvement can make a significant difference in our mission to save lives and bring hope to those affected by suicide. You can learn more by visiting your local chapter website at [afsp.org/find-a-local-chapter](https://afsp.org/find-a-local-chapter)
- **I raised more than \$150, where do I get my other recognition prize?**
  - All recognition prizes can be found at [afsp.org/oofdrecognition](https://afsp.org/oofdrecognition)
  - Gifts are awarded based on individual fundraising efforts, not team totals.
  - 6-8 weeks following the walk, an email from [customerservice@kotisdesign.com](mailto:customerservice@kotisdesign.com) will be sent to all walkers who are eligible to claim their incentive prize.
- **Can donations be made after my walk has taken place?**
  - Yes. You may continue to send in donations, even after the event has taken place. The deadline to submit donations for walks occurring in the fall is December 31st.
- **What is AFSP's tax ID number (or EIN number)?**
  - The Out of the Darkness Walks are charitable events run by AFSP, which is recognized as a 501(c)3 not-for-profit organization. The tax ID number or EIN number for AFSP is 13-3393329.
- **Where can I get a copy of the 501(c)(3) (Not-for-Profit Organization) letter for the American Foundation for Suicide Prevention?**
  - You can find all of the updated AFSP financial information by visiting [afsp.org/financials](https://afsp.org/financials)

# EVENT SAFETY

Your Safety during the Community Walk is most important to us. If you see someone in an emergency situation, please call 9-1-1 and alert event staff



## FIRST AID BOXES

The event will have a First Aid Tent boxes, equipped with basic first aid supplies.

In the event of an emergency or serious injury, please call 911 immediately, and notify a staff member in a red shirt.



# Thank you to our 2025 supporters and sponsors!

## Thank You to our 2025 Out of the Darkness: Pittsburgh Walk Sponsors



**2025 Walk Route: walk as little or as much as you like! 1 loop is 1 mile!**

