



Havasu Suicide Awareness & Prevention Walk

Statistics on Suicide:

- Over 44,000 Americans die by suicide each year
- Suicide is the number two killer among young people between the ages of 10 and 24
- 22 veterans take their lives every day
- The elderly, 65 and older, have the highest risk of suicide
- Suicide is the number two killer among college students
- For every completed suicide by youth, it is estimated that 100-200 suicide attempts are made

"Suicide is a permanent solution to a temporary problem."

~Phil Donahue

For more information call Havasu Community Health Foundation at (928) 855-5000.

2019 3rd Annual Havasu Suicide Awareness & Prevention Walk

HOPE

Hold on Pain Ends



The purpose of this walk is to raise awareness regarding suicide and also to address prevention by training people to know how to talk with individuals who are suicidal and to direct them to the appropriate community resources.

under the umbrella of

**Havasu Community
Health Foundation**



Acoma Executive Plaza
94 Acoma Blvd. S. Suite 101
Lake Havasu City, AZ 86403
Phone: 928 453 8190
Fax: 928 453 8236

www.havasucommunityhealth.org



Havasu Suicide Awareness & Prevention Walk

**Saturday
September 14, 2019**

**Rally 7:30 am
Walk 8:00 am**

**Rotary Park, Ramada C
Lake Havasu City**



Havasu Suicide Awareness & Prevention Walk

Registration is \$20.00 Including a T-Shirt if received by 8-30-19,
or \$25.00 after 8-30-19 and on the day of the walk

Name _____

Address _____

City _____ State _____ Zip _____

Phone: _____

Email: _____

I am walking in memory of _____

Individual Registration: (Includes 1 Shirt with PAID registration) \$ _____

One Shirt is included with paid registrations. Additional shirts will cost \$15 each. Please enter how many of each size shirt you are purchasing and enter the dollar amount below when ordering additional shirts.

Unisex ___ Small ___ Medium ___ Large ___ XL ___ 2XL

Optional—Add \$15.00 for each additional t-shirt ordered \$ _____

I cannot attend, but will be there in spirit, and want to make a donation of \$ _____

TOTAL (Checks should be payable to #YOUmatter;) \$ _____

Deliver to 94 Acoma Blvd. S. Suite 101, Lake Havasu City, AZ 86403

WAIVER AND INDEMNIFICATION I understand my consent to these provisions is given in consideration for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby release and hold harmless Havasu Community Health Foundation, the City of Lake Havasu, and any of their employees from any claims I may have arising out of my participation in this event. I give permission to Havasu Community Health Foundation and their sponsors to use any photographs, videotapes or other recordings of me that are made during the course of this event.

➔ **Signature** (Parent or Guardian signature if under 18 years of age) _____ **Date** _____

Office Use Cash _____ Clk# _____ CC _____ Date _____ Initials _____ DS _____ EXL _____ DR _____

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Saturday, **September 14, 2019**
Lake Havasu City's
Rotary Park, Ramada C

IMPORTANT INFORMATION!

- T-shirts may be picked up at Havasu Community Health Foundation office in the Acoma Executive Plaza, 94 Acoma Blvd. S. Suite 101, Lake Havasu City, after September 1st or on the day of the walk at the registration table
- Rally and refreshments begin at 7:30 AM at Ramada C in Rotary Park
- Walk begins at 8:00 AM
- There will be several water stations along the route
- Name tags will be available if you are walking for someone who has committed suicide



The HCHF Food Bank will have a table at the rally. We encourage you to bring a donation of non-perishable food items to support the Lake Havasu Community.

"People who die by suicide don't want to end their life, they want to end their pain."

~Unknown

Received From: _____

Cash Clk# _____ CC _____ Date _____

Amount: _____ By: _____