



MEDIA RELEASE – August 2025

LET'S UNITE FOR LIFELINE'S 'OUT OF THE SHADOWS' WALK FOR WORLD SUICIDE PREVENTION DAY

Wednesday 10 September 2025

This World Suicide Prevention Day (Wednesday 10 September), Lifeline Harbour to Hawkesbury Sydney is encouraging the local community to walk 9km anywhere to honour the nine lives lost to suicide every day in Australia.¹

The Out of the Shadows Walk is all about honouring and remembering those who died by suicide and showing support for anyone experiencing emotional distress or mental illness.

Elizabeth Lovell, CEO, said bringing conversations about suicide into the light can play a crucial role in breaking down stigma.

"Suicide does not discriminate - it can affect anybody, at any time. Behind every statistic is a person, and there are many loved ones left behind learning to navigate life without them", said Elizabeth Lovell.

"When we talk openly and non-judgementally about mental health and suicide, it really stimulates a sense of belonging and connectedness".

All funds raised from Out of the Shadows Walks ensure Lifeline can be there 24/7 for anyone who needs help and support, in the ways which suit them best.

A donation of \$39 can fund one life-saving phone call with a Lifeline Crisis Supporter, \$50 can cover two life-saving text conversations, and \$100 can support a one-hour virtual face-to-face session with a trained Lifeline Counsellor.

¹ <https://www.abs.gov.au/statistics/health/causes-death/causes-death-australia/2023#revisions-to-causes-of-death-2021-2023>

In addition to the 9km walk, this year participants can pledge to walk 63km between 10-16 September to remember and honour the 63 Australians lost to suicide every week.

If you, or someone you know is feeling overwhelmed, we encourage you to connect with Lifeline in the way you feel most comfortable.

You can phone Lifeline to speak to a Crisis Supporter on 13 11 14, text 0477 131 114, chat to Lifeline online or access the Support Toolkit to self-manage what you're going through at toolkit.lifeline.org.au

Find out more about [Out of the Shadows Walks here](#).

Donate or fundraise for your local [Lifeline Harbour to Hawkesbury Sydney Centre here](#).

Lifeline provides 24-hour crisis support via *phone* on **13 11 14**, *webchat* at www.lifeline.org.au and via *text message* on **0477 13 11 14**.

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