

“12th Annual Touched by Suicide Community Walk”

Sara McNiel

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The Touched by Suicide Community Walk will hold its 12th annual walk providing support to those who have lost loved ones to suicide on November 3 on Parker Square in Flower Mound.

Before the walk, there will be several booths set up for care kit creations, a photo grief interactive activity, memory boards, multiple exhibitors from mental health agencies, and places to purchase t-shirts or jewelry to support local organizations.

The registration and activities will start at 8:30 a.m., and the mile-and-a-half walk begins at 10 a.m.

A registration fee of \$25 fee goes to the Touched by Suicide Organization, a nonprofit organization that provides free support groups in Denton, Lewisville and Flower Mound.

The Touched by Suicide organization will also take a portion of the money and donate it to the Denton County LOSS team, which provides on-scene support to those who have lost a loved one to suicide.

“Knowing that you are not alone and that there is hope for the future are the most powerful protective factors for preventing suicide death, and this event provides both,” said Landon Dickeson, the vice president of the Touched by Suicide Organization.

The Touched by Suicide Organization was started in 2004 by Sue Endsly who had lost her son to suicide in 2000. It started as a support group for those who have had similar experiences and began holding annual community walks starting in 2007. There are over 40,000

deaths by suicide according to the Touched by Suicide organization, so it is important for everyone to show their support.

Karen Knotts, the director of pharmacy services at the UNT Student Health and Wellness Center, has been to these walks several times in the past and is encouraging others to go as well.

“Participating in an event where there are others that share and understand your grief is of great content,” said Knotts.

Jason and April Dyke, a couple who had lost their son to suicide in 2017 and decided to create ‘Carson’s Village’ to provide support to those who recently lost a loved one to suicide, will attend as guest speakers at the event providing more support options for those who are struggling.

At the end of the walk, each person will take a balloon and attach a meaningful thought or person behind it. Each name of those who have been lost to suicide will be read aloud with the ringing of a bell, and at the end, everyone will let go of their balloons at once watching them all go up together.

“I attended for the first time in 2015, and even though my loss occurred years before, I found myself moved to tears as I watched the balloons drift into the distance and the impact of the loss flowed through me,” said Dickeson.

If you or someone you know is currently struggling with suicidal thoughts please call the National Suicide Prevention Lifeline at 1-800-273-TALK(8255).