

## Kingston and Richmond Child Death Overview Panel

# Walking out of Darkness 2018

## Who are Clasp?

Clasp Charity is an organisation that promotes counselling, life advice and suicide prevention. Their aims are to help empower, inspire, and motivate people to raise mental health awareness, suicide prevention and end mental illness stigma. You can find out more about their work here: <https://www.claspcharity.com>

## What's Walking out of Darkness?

As part of their awareness-raising Clasp run an event Walking Out of Darkness, 10 mile walks at various locations across the country. The aim is to walk with your family, friends and work colleagues; supporting people suffering mental ill-health, helping end the stigma surrounding mental illness, raising mental health awareness, creating zero suicide communities and fundraising for local and regional charities, across the country.

## How can I get involved?

The London walk will be held on Saturday 12<sup>th</sup> May and Kingston and Richmond LSCBs and CDOP will be there and we invite you to join us by signing up here:

<https://www.eventbrite.co.uk/o/walking-out-of-darkness-2018-10883871498>

and promote this event to colleagues and friends by sharing this flyer and on twitter #walkingoutofdarkness

