



Out of the Darkness!

In generations-past, there was a sense of shame and a silence that was promoted regarding important personal and societal issues. These ‘forbidden topics’ included alcoholism, cancer, child sexual abuse, family violence, mental health issues, and suicide. The good news is that these sources of ‘embarrassment’ are now far more publicized, discussed, studied, and more effectively treated than ever before. The bad news is that each of these topics remain present and disruptive in our families and in our society.

The American Foundation for Suicide Prevention -- <https://afsp.org/> -- attempts to address the ‘suicide’ topic and tragedy through local chapters, educational programs, suicide prevention research, support for loss survivors, advocacy and public policy interventions, and events that are fundraisers and increase community awareness. The AFCS Suicide Statistics pages indicate that suicide is the 10th leading cause of death in the USA, the rate of suicide has risen in nearly every state during the past decade, middle aged males are at the greatest risk, and firearms account for almost 50% of suicides.

Our Adolescent & Family Counseling Center, LLC, will be one of the sponsors and participants of the AFSP “Out of the Darkness” walk in Hamden, CT, on October 8th, 2017. As a sibling who lost my dear sister, Cindy, to suicide 46 years ago and as a clinical social worker who works toward prevention and healing, I invite you to participate. Access to our team-portion at website: <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.participant&participantID=1337854> .

If you are interested, you can donate to the event, walk with our AFCCenter team, or start your own team for this walk or during a future date in your own community. Join us in the education, fund-raising, and support of the research and community services aimed at preventing more of suicide now and for future generations.