



#WSPD2020

Things need to be done differently this year to mark **World Suicide Prevention Day**, 10 September. Lifeline Melbourne and Support After Suicide are working together to organise events for this day. There is a virtual **garden** and a virtual **walk**: see below for more details about how you can participate.



Virtual Garden

YOU ARE INVITED to visit a virtual community garden where you can plant a flower. It is a garden of remembrance, a garden for reflection and a garden to share openly about suicide.

The virtual garden provides a unique way to honour those lost to suicide. Here you can plant a flower and take a moment for reflection knowing many others share your experience; you are not alone.

Planting a flower in the virtual garden requires a donation. You may give as little or as much as you are able; all proceeds will go to Lifeline Melbourne and Support After Suicide.

Click [HERE](#) to find out more and choose a flower to plant. The garden will remain open until Jan 2021.



Virtual Walk

WE KNOW many people will miss the annual community walk in Melbourne. This year, while following stage 4 restrictions, we suggest you take a walk at **8.30am** on **Sunday 13 September**. We'll have a Zoom session open so you can join in and see who else is walking. You will receive the Zoom link when you register at the email address below.

We will read the memorial roll at 8.30am.

Click Wesley.outofshadows@vt.uniting.org to register for the Walk. Register the details of your loved one for the memorial roll [HERE](#).