

# **WALK WITH US TO PREVENT SUICIDE REGISTER TODAY**

Be a part of a nationwide movement, and register for the  
**Santa Barbara Out of the Darkness Walk.**

The Out of the Darkness Community Walk is a journey of remembrance, hope, and support. Together, we will walk a 5k to unite our community and provide an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.

Now, more than ever, it's important to be there for one another and take steps to safeguard our mental health and prevent suicide.

Register today and be part of the movement to walk #OutOftheDarkness.

**Santa Barbara Out of the Darkness Walk**

**Saturday, October 4th, 2025 at 10:00am**

**Goleta Beach Park, Goleta CA (check-in opens at 9:00am)**



**Register at [afsp.org/santabarbara](https://afsp.org/santabarbara)**



**American  
Foundation  
for Suicide  
Prevention**

