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Suicide Prevention Month

BY: STEVIE CURRIER

September is Suicide Prevention Month. This is a time to raise awareness, encourage open conversations about mental health, and remind those who are struggling that they are never alone.

For me, this month is deeply personal. From my early teens into my early twenties, I struggled with my mental health. Depression, anxiety, and suicidal thoughts consumed much of my life. Looking back, I often think about how different things were then. Mental Health wasn't talked about the

way it is today. Suicide was often whispered about, if it was discussed at all. I felt alone because I didn't know how to talk about what I was going through, and I didn't know there were people who wanted to help.

Today, I am grateful to be in recovery! Recovery hasn't erased my past, but it has given my experiences a purpose. It has taught me that healing is possible, hope is real, and our stories can help others find the strength to keep going. That's why I advocate.



I strive to be the person my younger self wished they had, someone who isn't afraid to talk openly about mental health, who listens without judgment, and who reminds others that asking for help is a sign of strength, not weakness.

Through the [American Foundation for Suicide Prevention](#) (AFSP), I've found an incredible community dedicated to breaking the stigma surrounding mental health and suicide. Being able to share my story and encourage others has been one of the greatest blessings of my recovery. Every time someone tells me, "I needed to hear that," I'm reminded why these conversations matter.

On Sunday, September 13, 2026, our community will come together for the Jefferson & Lewis Counties Out of the Darkness Walk at Thompson Park in Watertown. This event supports suicide prevention, mental health awareness, advocacy, education, and hope for everyone affected by suicide. Whether you're walking in memory of someone you've lost, supporting a loved one, celebrating your own recovery, or simply standing with your community, your presence makes a difference. Every step sends a powerful message: *you are not alone, and you belong here.*

Walk Details

- Sunday, September 13, 2026
- Thompson Park – Watertown, NY
- On-site activities begin at 10:00 a.m.
- Opening Ceremony & Walk begin at 11:00 a.m.
- Free to register
- Raise \$150 by Walk Day to earn the official event T-shirt
- Raise \$250 to receive an additional thank-you gift

You can also get involved by forming a team, volunteering, donating, or becoming a sponsor.

If I could tell my younger self one thing, it would be this: *Hold on. There is hope.* I can't change what I went through, but I can help create a future where another young person knows they don't have to face those struggles alone. That's why I share my story. That's why I advocate. And that's why I hope you'll join me as we walk Out of the Darkness together.

To register or learn more, visit AFSP.org/JeffersonLewis.