

# LIFT THE Silence

Suicide Awareness Week

KNOW THE SIGNS. START THE CONVERSATION. REACH OUT.

SEPTEMBER 8-12, 2015

Join in a global event by **cycling** to show your support for suicide prevention and awareness. Participants can join in loops around Hawrelak Park or create their own group at home. It does not matter how far you can cycle, every kilometre counts!



Thursday, September 10  
5:30 pm



## CYCLE AROUND THE GLOBE

### 5 EASY STEPS!

1. Join our group:  
Hawrelak Park, Picnic site 2  
All ages and skill levels  
are welcome!
2. Go to  
[iasp.info/wspd/  
cycle\\_around\\_the\\_globe](http://iasp.info/wspd/cycle_around_the_globe)  
to print the Participant Bib
3. Wear it while you cycle to  
show others you are cycling  
for Suicide Awareness.
4. Take pictures throughout  
your ride.
5. Tweet @LTSYEG or  
Instagram with #LTSYEG.

This event is organized by  
the Canadian Mental Health  
Association – Edmonton Region  
and Hillary's Ride for Mental  
Health for Lift the Silence  
Suicide Awareness Week.


[edmonton.cmha.ca](http://edmonton.cmha.ca)  
[hillarysride.ca](http://hillarysride.ca)

For information on other **Lift the Silence** events and a full list of  
collaborating partners and sponsors, visit our website or Facebook page.

 [lifththesilence.com](http://lifththesilence.com)

 [facebook.com/lifththesilence](http://facebook.com/lifththesilence)

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