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FOR IMMEDIATE RELEASE

NEARLY 2,000 WALKERS EXPECTED TO TURN OUT  
FOR THE CARSON J SPENCER FOUNDATION ANNUAL SUICIDE PREVENTION FAMILY DAY

Your headline

The Carson J. Spencer Foundation will host its 10<sup>th</sup> annual Suicide Prevention Family Day from 7 a.m. – 1 p.m. on Saturday, September 6 at Jones Park in Loveland.

[WHO, WHAT, WHEN, WHERE in LEAD]

More than 2,000 people are expected to take strides against suicide in the 6k walk that begins and ends in Jones Park. Suicide Prevention Family Day is held every year in support of survivors of suicide and to raise money to fund suicide prevention programs in metro Denver. It is always held in September in honor of National Suicide Prevention Month.

In 2008, the Carson J. Spencer Foundation raised \$100,000 through the walk.

[SUPPORTING INFO]

“Last year was a banner year for us in fundraising for suicide prevention programs,” said Sally Spencer-Thomas, foundation president. “This year, we hope to raise even more in order to support even more programs that help save lives.”

[QUOTE]

In addition to the walk, there will be activities for children, including a bouncy castle, face painting and more. There will also be more than 30 vendors from mental health organizations, suicide prevention groups and others who are working to save lives.

[MORE SUPPORTING INFO]

September is the National Suicide Prevention month. Events are being held statewide. A complete list of activities is available on the Suicide Prevention Coalition of Colorado’s Web site at [www.suicidepreventioncolorado.org](http://www.suicidepreventioncolorado.org).

In Colorado, suicide is the 9<sup>th</sup> leading cause of death among adults. A person dies by suicide about every 18 minutes in the United States, and attempts are estimated to occur every minute. Ninety percent of all people who die by suicide have a diagnosable and treatable mental disorder.

The *Carson J Spencer Foundation* was established in 2005 to preserve the memory of Carson J. Spencer, who took his life after a difficult battle with bipolar disorder on December 7, 2004. Spencer-Thomas is a survivor of her brother's suicide.

[ORGANIZATION BOILER PLATE]