



Goulburn Valley Suicide Awareness Group Inc
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ANNUAL GOULBURN VALLEY SUICIDE AWARENESS WALK #3

The Goulburn Valley Suicide Awareness Group (GVSAG) is currently seeking corporate sponsorship and donations for the annual 'Suicide Awareness Walk' which is held on the second Sunday in September each year. This year the Walk will take place in Yea on the morning of **Sunday 10th September, 2023**.

This community event is being held in association with WORLD SUICIDE PREVENTION DAY. A group of dedicated volunteers recognise that far too many family members and friends are lost to suicide. For those families, friends and whole communities left behind, there is an overwhelming sense of loss and feeling of guilt that the death could have been prevented and that more could have been done in understanding and support.

Our walk begins at 8:30am at the Yea Railway Station commencing with a welcome from the founder of GVSAG, Jacky Gilbee, followed by guest speakers, who will speak on ending the stigma of suicide. An honour roll will be read out by Cindy McLeish, MP, before the start of the walk. We will then cross the Melba Highway and proceed to and return from the second bridge on the Yea Rail Trail. On completion of the walk, a sausage sizzle will be provided by the Yea Rotary Club.

By raising community awareness, the Walk aims to provide help for those struggling with mental health, to recognise that they are not alone and that help and support is available, starting with talking to those closest to them and to counsellors who will be available on the day. The Walk will bring together those who have lost loved ones and provide an opportunity to honour them.

Suicide Statistics *

- Nine Australians die every day by suicide. That's more than double the road toll.
- 75% of those who take their own life are male.
- Estimated that over 65,000 Australians make a suicide attempt each year.
- In 2021, 3,144 Australians took their own life.
- Suicide is the leading cause of death for Australians between the ages of 15 and 44.
- The suicide rate in Aboriginal and Torres Strait Islander peoples is twice that of their non-Indigenous counterparts
- People in rural populations are 2 times more likely to take their life by suicide by suicide.
- LGBTIQ+ community members report having attempted suicide in the past 12 months at a rate 10 times higher than the general Australian population
- Males aged 85 and older experience the highest age-specific rate of suicide.
- An estimated 1 in 3 of Australians reported feeling lonely
- Beyond the tragic loss of the person, the impact of suicide deaths are felt by up to 135 people, including family members, work colleagues, friends, first responders at the time of death

Our Group would be grateful for your support to help fund this year's event, helping to cover costs such as advertising, reference material, insurances, traffic control, first aid, etc. We will be encouraging our previous 100 plus attendees to 'bring a buddy'. Everyone is welcome; you may not have lost someone directly, but your support gives strength and hope.

Sponsorships in excess of \$500 or more received by Friday April 28th will be acknowledged in promotional material for the Walk. Sponsorships in excess of \$500 received after that date will be acknowledged verbally on the day of the walk.

If you would like to contribute or feel you can contribute in another way, please contact
Founder - Jacky Gilbee 0417 907 278

Bendigo Bank
BSB: 633 000
Account: 183 037 993

(* Source: <https://www.lifeline.org.au/resources/data-and-statistics/>)

If after reading this communication, you feel you need support or to speak to someone please call 24/7 Crisis Support



Lifeline 13 11 14



Beyond Blue 1300 22 4636



Cindy McLeish MP
State Member for Eildon