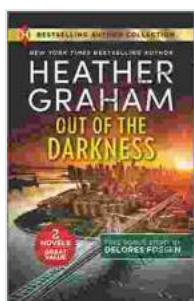


Out of the Darkness: Marching Orders: A Journey of Hope, Healing, and Empowerment

Out of the Darkness is a national mental health awareness and suicide prevention organization that works to empower individuals, families, and communities to take action against suicide. Through its signature Out of the Darkness Walks and other fundraising events, the organization raises awareness of mental health issues and suicide prevention, provides support for those who have lost loved ones to suicide, and funds research on the causes and prevention of suicide.

The Goal

The goal of Out of the Darkness Marching Orders is to empower individuals and communities to make a difference in the fight against suicide. The program provides participants with the knowledge, skills, and resources they need to save lives.



Out of the Darkness & Marching Orders by Heather Graham

★★★★☆ 4.3 out of 5

Language : English
File size : 1431 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 380 pages



The Training

Out of the Darkness Marching Orders training is available online and in person. The training is interactive and engaging, and it is designed to help participants develop the skills they need to recognize the signs and symptoms of mental distress, talk about suicide, and provide support to those who are struggling.

The Impact

Out of the Darkness Marching Orders has trained thousands of individuals and community members across the country. The program has been shown to increase participants' knowledge of mental health and suicide prevention, and it has helped to reduce the stigma associated with these issues.

Personal Stories

Out of the Darkness Marching Orders has made a difference in the lives of countless individuals and families. Here are just a few of their stories:

- "I lost my brother to suicide in 2010," said one Out of the Darkness Marching Orders participant. "The training gave me the tools and confidence to talk about suicide and to help others who are struggling."
- "I'm a mental health professional, and I see the impact of suicide every day," said another participant. "The Out of the Darkness Marching Orders training gave me the skills I need to help my clients and to make a difference in my community."
- "I'm a survivor of suicide attempts," said one participant. "The Out of the Darkness Marching Orders training gave me the hope and the support I needed to get my life back on track."

How to Get Involved

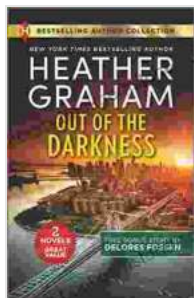
If you are interested in getting involved with Out of the Darkness Marching Orders, there are several ways to do so:

- Attend a training
- Organize a Walk or another fundraising event
- Donate to the organization
- Volunteer your time

Out of the Darkness Marching Orders is a powerful program that is making a difference in the fight against suicide. The program empowers individuals and communities to take action, to save lives, and to create a world where no one has to struggle alone.

[Learn more about Out of the Darkness Marching Orders](#)

[Get involved with Out of the Darkness](#)



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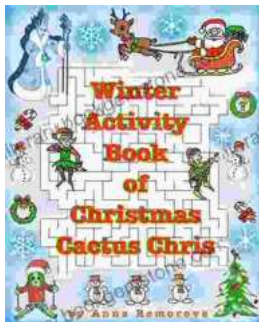
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