

Firm Members Across the Country Walk for Suicide Prevention

NOVEMBER 8, 2019

As part of our Year of Mental Health, Winston participated in 2019 Out of Darkness Walks in San Francisco, Chicago, New York, and Los Angeles, raising nearly \$35,000 for the American Foundation for Suicide Prevention's research, support, education, and advocacy activities and spreading kindness along the way.

Our San Francisco office participated in the Out of Darkness Overnight Walk in June and our New York office participated on October 20, the event featured a three-mile walk from Pier 16 at South Street Seaport to Battery Park and back. Participants held up honor beads in different colors to signify if they have lost a loved one to suicide, struggle with mental illness themselves, or were there to support a friend or family member.



"It broke my heart to see so many people raise green beads" which meant they had attempted suicide, said one of our participants. "There was one kid in front of me who I just had to hug – she looked so surprised but then smiled and thanked me. It just proves that you never know what anyone is going through, so be kind."

A 15-member Winston for Good team took part in the Chicagoland Out of Darkness Walk on September 21, which featured a three-mile walk along the lakefront at Montrose Harbor and a Mental Health Services Tent and a Memorial Wall for participants to share their stories.



"It was a very emotional but beautiful event," said a member of our WinstonLA4Hope100 team that participated in the Los Angeles walk in Pasadena on November 2. "You cannot help but leave there with a sense of sadness, but with a ray of hope." The weather mirrored the mood as the day started with a little rain but provided sunshine throughout the walk. Our 15 participants encountered a gentleman who was distraught and invited him to join them on the walk and for lunch afterward.



Our goals for Year of Mental Health are to cultivate a culture of caring at the firm, provide its members with strategies to enhance their own mental health and that of their loved ones and colleagues, and increase

understanding and reduce the stigma of mental health challenges.

1 Min Read

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