



Walks of Hope

this World Suicide Prevention Day

Join us at one of our seven **Walks of Hope** across Leeds. Come along to get into nature and talk together about how we find hope in difficult times.

Our Seven Walks will take place in:

- East Leeds - Gipton, led by GIPSIL
- East Leeds - Seacroft, led by LS14 Trust
- South Leeds - Beeston, led by Hamara
- South Leeds - Holbeck, led by Holbeck Together
- West Leeds, led by Barca (on 13th September)
- North-West Leeds, led by Leeds Mind
- North-East Leeds, led by Touchstone

For more info, visit: www.mindwell-leeds.org.uk/walks-of-hope-to-mark-world-suicide-prevention-day/



Thursday 10th September,
with one walk taking place on
13th September.

Coordinated by:

