

Out of the Darkness Walk

On Friday, March 13th, MVHS will host a community gathering dedicated to suicide prevention, raising awareness, and building community. This walk is the culminating event of our Mental Health Awareness Week (March 9-13), in collaboration with MVHS Ambassadors, Spartans Pause parent volunteers, and mental health professionals and organizations.

The “Out of the Darkness” name symbolizes the challenge of living with mental illness, and the hope that exists when we realize our collective ability to uplift each other and bring light to struggles and dark moments. As we come together as students, families, and community members, we hope to strengthen our support network and inform ourselves to be able to save lives.

Here are the details of our walk:

Who: Anyone can join the walk. We welcome all community members - students, families, friends, neighbors!

Where: MVHS Track

When: 5:30 pm - Sunset

Event overview:

- Resource tables with mental health organizations
- Performances
- Speakers
- Activities