

DARKNESS INTO LIGHT LUXEMBOURG 2023

SATURDAY 6 MAY 5AM

Join this international sunrise walk of HOPE in memory of those we have lost to suicide, to show those who are struggling that they are not alone and to support the invaluable work of Prévention Suicide (d'Ligue), SOS Détresse and KJT



**DEPARTING FROM: HALL OMNISPORT,
39 MONTÉE DE CLAUSEN, L-1343**

**REGISTER AT WWW.DARKNESSINTOLIGHT.IE
MORE INFO: [HTTPS://WWW.FACEBOOK.COM/DILLUX](https://WWW.FACEBOOK.COM/DILLUX)**

UNDER THE HIGH PATRONAGE OF HER ROYAL HIGHNESS THE GRAND DUCHESS MARIA TERESA



Will you walk with us on 6 May?



Darkness Into Light Luxembourg – Saturday 6 May 2023

A charity walk aimed at destigmatising suicide and mental health issues

Darkness Into Light Luxembourg is proud to announce the fifth edition of our annual 5 km walk organised to raise awareness of suicide and self-harm. The walk, which takes place in over 200 venues across five continents, will support Prévention Suicide of D'Ligue, SOS Détresse and KJT in Luxembourg as well as Pieta House in Ireland. We are honoured to be organising this charity event under the High Patronage of Her Royal Highness the Grand Duchess Maria Teresa. Her support and involvement in this important cause is deeply appreciated, and we are grateful for her commitment to raising awareness of suicide and self-harm.

The walk will take place on 6 May 2023 at 5am. The starting point for **Darkness Into Light Luxembourg** is Hall Omnisport, 39 Montée de Clausen (at the new primary school). The event promises to be full of hope, with the community coming together to support this important cause. Participants can register online at [darknessintolight.com](https://www.darknessintolight.com) or check our Facebook page and are encouraged to bring friends and family to make it a community event. After the walk there will be an opportunity to meet our partner charities and participants over a tea or coffee.

Since the inception of **Darkness Into Light** in 2009, the event has grown to become a global movement. In 2019, the first edition of **Darkness Into Light Luxembourg** saw over 500 people walking from the darkness of night into the light towards hope. Now in our fifth year, we hope to see an even greater number of participants, all united in their support for those affected by suicide and self-harm.

The organisers are grateful for the support of our sponsor Centralis Luxembourg, the Luxembourg GAA Club, the Embassy of Ireland in Luxembourg and all the volunteers who make this event possible.

Date: Saturday 6 May 2023 at 5 am

Where: Hall Omnisport, 39 Montée de Clausen (at the new primary school)

Registration: <https://www.darknessintolight.ie/>

Facebook: <https://www.facebook.com/DILLUX>

Donations: <https://www.darknessintolight.ie/fundraisers/darknessintolightluxembourg>

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