



Thank You to Our Volunteers

Thank you for stepping up to organise a Walk 'n' Talk For Life event in your community.

Your willingness to volunteer makes a real difference. By creating a safe space for people to walk, talk, and connect, you are raising awareness about mental health and suicide prevention while helping to reduce stigma and isolation in your community.

Every event you organise helps build a network of support and care—a reminder that no one has to face their struggles alone. Your dedication offers hope and connection to those who need it most.

Together, we are walking towards a stronger, more connected community. Your efforts are saving lives, and we are honoured to have you as part of this movement.

Thank you for being part of Walk 'n' Talk For Life. We are so grateful for everything you do.

Kind regards,

Shannon Nevin + The Walk 'n' Talk For Life Team

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For more information, [visit our website.](#)