

Your Impact

Thank you for your loyal support of Distress Centre Durham and The Walk for Suicide Awareness.

Together, we have raised awareness for suicide prevention, while supporting families and individuals on their healing journey.



Since 2022 

20 km Travelled

700+ Walkers

\$77,000+ Raised

Countless Stories of Community Impact

In recent years, the Distress Line volunteer team has grown to **51 volunteers!**

Callers have shared that volunteers made a **positive difference**, with others reporting **decreased anxiety** following their conversations.

Your support is ensuring people across Durham Region are being heard.



Meet Valéry



In 2024, Valéry Brosseau joined DCD as the Volunteer Resources Associate.

Valery provides ongoing training for volunteers and coordinates the DCD Distress Line schedule.

Your support of DCD and the Walk for Suicide Awareness helps fund Valéry's role and ensures volunteer support is available to our community.

Thank you again for your support of Distress Centre Durham and the Walk for Suicide Awareness.



Rebekah McMillan

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