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FOR IMMEDIATE RELEASE

Contact:

Kerri S. Mabee
Public Information Officer
Riverside University Health System
P: 951.467.7542 | E: k.mabee@ruhealth.org

Community Invited to Join the 2025 Out of Darkness Walk for Suicide Prevention

PALM DESERT, CA (Oct. 14, 2025) – Riverside University Health System – Behavioral Health (RUHS—BH), in partnership with the Riverside County Suicide Prevention Coalition (SPC) and the American Foundation for Suicide Prevention (AFSP), invites residents to join the [Out of Darkness Community Walk](#) in Coachella Valley on Saturday, Oct. 25.

The event kicks off at 10 a.m. at Civic Center Park, located at 43900 San Pablo Ave., in Palm Desert. Residents are invited to walk individually or as a team.

The annual walk brings the community together in remembrance and action to address suicide and promote mental well-being. Participants can honor loved ones lost to suicide, connect with local resources and engage in activities that foster resilience and hope.

“Preventing suicide remains a top priority for Riverside County. We are committed to ensuring all residents feel supported and connected to vital resources,” said Fourth District Supervisor and Board Chairman V. Manuel Perez. “These walks are a meaningful way to demonstrate unity, strengthen our communities and remember those we’ve lost.”

According to the latest data from RUHS-Public Health [Epidemiology & Program Evaluation](#), since 2019, Riverside County has seen a 16% decrease in suicide rates, a sign of progress driven by sustained education and prevention efforts. RUHS continues to lead this mission, reaching more than 10,000 residents with suicide prevention and mental health awareness programs.

More than 1,500 individuals have received training from RUHS—BH through courses such as safeTALK, Applied Suicide Intervention Skills Training (ASIST) and Mental Health First Aid since July 2024 in Riverside County.

“At RUHS, we approach suicide prevention through compassionate outreach and consistent education,” said Dr. Matthew Chang, RUHS Behavioral Health Director. “By walking together, we strengthen the message that no one is alone and that support is always available.”

The Riverside County Suicide Prevention Coalition, established by the Board of Supervisors in 2020, includes county agencies and community-based organizations working together to prevent suicide. In addition to public trainings, the coalition also hosts a countywide suicide prevention conference each October.

Registered walkers will receive a complimentary SPC T-shirt while supplies last. For those unable to attend, donations and fundraising through the event’s team page are welcome. All contributions support AFSP’s mission to reduce the national suicide rate by 20% and are fully tax-deductible.

For more information, or to register or donate, visit <https://rivcospc.org/>

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About Riverside University Health System

Riverside University Health System (RUHS) includes a 439-bed Medical Center in Moreno Valley, Calif., 14 Federally Qualified Community Health Centers, and the departments of Public and Behavioral Health. RUHS is Riverside County's safety net provider, offering high-quality, patient-centered care. With more than 8,000 staff members and over 125 years of experience, RUHS continues its commitment to and legacy of delivering exceptional, compassionate care with a focus on public health, behavioral health, community wellness, and medical education. Visit ruhealth.org to learn more.