

# DARKNESS INTO LIGHT LUXEMBOURG 2022

**SATURDAY 7 MAY 5am**

Hall Omnisports de Clausen  
39 Montée de Clausen L-1343

Register at [www.darknessintolight.ie](http://www.darknessintolight.ie)

*Join this international sunrise walk of hope to support the invaluable work of Prévention Suicide, SOS Détresse and Kanner-Jugendtelefon and help raise awareness of suicide and suicide prevention*



For more info: <https://www.facebook.com/DILLUX/>



*Will you walk with us on 7 May?*



## **Darkness Into Light Luxembourg – Saturday 7 May 2022**

**A charity walk aimed at destigmatising suicide and mental health issues**

**What is Darkness into Light?** **Darkness into Light** is an international 5 km charity walk that aims to raise awareness of suicide and self-harm and fight the stigma that prevents so many from seeking help. It first took place in 2009 in Dublin, when over 400 people came together at 4 o'clock in the morning to walk towards the rising sun. The symbolic walk towards the light of dawn allows people who have been bereaved by suicide to pay homage to their loved ones, and shows those who are struggling that they are not alone and that even in the darkest of moments there flickers a ray of hope.

This annual walk of hope has grown into a global movement, with more than 200,000 people taking part in 203 venues across 21 countries and 5 continents in 2019. The walk first took place in Luxembourg on 11 May 2019, when around 450 people donned a yellow t-shirt and braved the torrential rain to walk together, at 5 o'clock in the morning, because they believed that the walk — and its message — matter. Not only did we raise over EUR 33,000 to help three charities in their work of preventing suicide and providing vital support, but together, as we walked in a sea of yellow through the picturesque streets of beautiful Luxembourg, we experienced the power of hope and demonstrated the strength of community. Due to the pandemic our walk was cancelled in 2020. In 2021, walking as a large group was impossible to plan, but a slightly scaled-down version of **Darkness into Light** did take place, with more than 250 people participating either individually or in small groups. As the possibility to walk at any time of the day in 2021 was much appreciated by some participants, this option has been maintained for 2022, so there is now the option to join the organised group walk at 5am, set yourself a challenge or walk whenever and wherever you want for this worthy cause.

**When and where will the event take place?** This year, under the High Patronage of Her Royal Highness the Grand Duchess Maria Teresa and with the continuing support of the Irish Embassy in Luxembourg, **Darkness Into Light Luxembourg** will take place at **5 am on Saturday 7 May 2022**. We will depart from the Hall Omnisports de Clausen (39 Montée de Clausen, L-1343) and join together afterwards for tea, coffee and conversation. All proceeds will go to **Prévention Suicide** of **D'Ligue** (La Ligue Luxembourgeoise d'Hygiène Mentale), **SOS Détresse** and **Kanner-Jugendtelefon**, the officially approved partner charities of **Pieta House**, under whose guidance **Darkness Into Light** takes place worldwide. Our three Luxembourg partner charities will be at the event to offer advice and answer any questions you may have.

**Date:** Saturday 7 May 2022 at 5 am

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

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

**Donations:** <https://www.darknessintolight.ie/fundraisers/dilluxdillux>

**Darkness Into Light Luxembourg**, IBAN LU55 0019 5355 5413 8000, BCEELULL

**More info:** Emma Farrell ([darknessintolightluxembourg@gmail.com](mailto:darknessintolightluxembourg@gmail.com) or 621 19 39 25)  
Lynda Jacob (691 525 348)