

Our Movement. Our Manifesto.

We wake up,
in the darkness.
in our thousands.
around the world.

We rise up,
to challenge stigma.
to banish self-harm.
to fight suicide.

We keep in our hearts,
those feeling trapped in the darkest night.
those haunted by sadness.
those with an empty chair.

We are armed with the courage,
to listen.
to talk.
to care.

We walk shoulder to shoulder,
until we drive out guilt and shame.
until we stop the breaking of human spirit.
and we start connecting in conversation.

We walk together,
to meet the silence with our voices.
towards the promise of every new dawn.
embracing a world filled with light.

We walk on,
with unshaken purpose.
with undivided strength.
fuelled by compassion.

With every step,
we commit to acceptance.
we commit to hope.
we commit to life.

