

Choices Psychotherapy returns as a title sponsor for Emotions In Motion: 5K Run/Walk for Mental Health

St. Louis Park, MN (July 18, 2019) - Choices Psychotherapy along with mental health advocates, prevention organizations, survivors, allies, and community members once again unite to promote suicide prevention awareness with their annual Emotions In Motion 5K Run/Walk.

The event will raise funds for SAVE (Suicide Awareness Voices of Education) to help support its mission to “To prevent suicide through public awareness and education, reduce stigma and serve as a resource to those touched by suicide.” Suicide prevention awareness resource tables will be available from area service providers including title sponsor, Choices Psychotherapy. “We want people who are despairing and thinking about suicide to know that there is help available,” said Susan Davis, LICSW, owner and executive director of Choices Psychotherapy. There will also be a “Loved Ones” tent where those who have lost a loved one can share memories and photos of their loved one.

Suicide is the 10th leading cause of death in the US and each year over 44,000 Americans die by suicide. For every suicide, there are 25 others who attempted it (source: [AFSP](#)). Those are some sobering numbers.

September is Suicide Awareness Month and Choices Psychotherapy is dedicated to reducing the frequency of suicide attempts and deaths, as well as helping the people left behind to work through the pain caused by suicide. If you or a loved one is struggling, please seek help for yourself or for the person you are worried about. Remember, for an individual vulnerable to suicide, even seeking help may be beyond what they can do. The Choices Psychotherapy team is here help.

To schedule an appointment, call Choices Psychotherapy at 952-544-6806 or visit www.choicespsychotherapy.net

EVENT INFORMATION

The 5K run/walk will take place on Saturday, August 3, 2019, at Lake Harriet Band Shell in Minneapolis MN. Online registration closes at 5 P.M. on Friday before the walk. However, anyone who would like to participate can register on-site at the walk! Please note that walk donations are accepted until December 31, 2019. The event begins at 9 A.M. Visit [SAVE's event page](#) for more information.

ABOUT CHOICES PSYCHOTHERAPY

At Choices Psychotherapy, we are committed to empowering clients and their families to identify positive life change through choice. For more information about Choices Psychotherapy, visit www.choicespsychotherapy.net or call 952-544-6806.

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