American Foundation for Suicide Prevention
Hawaii

HAWAI'I CHAPTER NEWSLETTER

October 2026

SEPTEMBER Suicide Prevention Month



Watch the Hawaii News Now coverage of the event: Suicide Prevention Walk: Hundreds Gather at Ala Moana for 'Out of the Darkness' event

Our goal is to bring those in the darkness into the light. We hope more people feel comfortable reaching out for help, talking about suicide prevention, and supporting one another.

Remember, help is available. Call or text 988—the Suicide & Crisis Lifeline.

O'AHU OUT OF THE DARKNESS WALK

September 5, 2026 was a beautiful day on Magic Island dedicated to raising awareness about suicide prevention, supporting those who have lost a loved one to suicide, and reminding our community that no one has to face their darkest moments alone.

We were grateful to see an increased participation, with over 55 teams and hundreds of walkers, supporters, families, and community partners. This year's walk included meaningful activities such as our Unity Tree, HOPE sign, and Memory Wall, along with more than 15 community resource tables and fun make-and-take activities for participants of all ages. These opportunities helped create a welcoming and safe environment where people could connect, remember loved ones, learn about available resources, and find support. Registered walkers were even treated to live musicians, shave ice, free massages and free hugs!



O'AHU OUT OF THE DARKNESS WALK



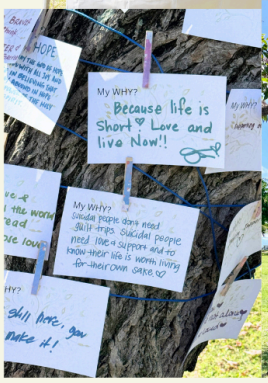
"To anyone who is still lost in the same sea that I was, know that even if all you can see is water, land is never too far away." -- Jasper Ho

"The American Foundation for Suicide Prevention has provided us with community, education and the opportunity to be the voice for our daughter after her passing." -- Leina'ala Sleightholm









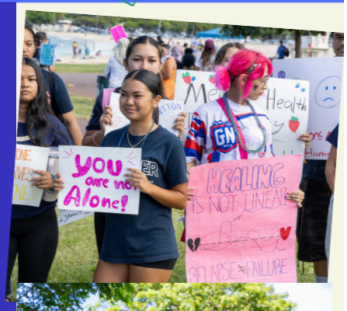






O'AHU OUT OF THE DARKNESS WALK











After losing my son Cody to suicide in 2022, creating a team for the Out of the Darkness (OOTD) Walk was my very first step into suicide prevention. When we first walked in 2023, my goal was to honor Cody's memory, connect with others navigating similar grief, and raise awareness in our community.

We started small the first year, inviting the close family and friends who held us up through our deepest heartbreak. Since then, the circle has grown and extends beyond those who walk with us on event day. It includes everyone who donates from afar, everyone who donates as event sponsors, everyone who carries Cody's memory in their heart, and everyone who recognizes how vital suicide prevention is. We believe so deeply in this cause and in AFSP's work and it means the world to see familiar faces standing with us year after year.

Whether team members have watched Cody grow up or have never met him, they love and support our family. Many have their own personal reasons for walking. Though our supporters come from different chapters of Cody's life and don't all know one another, every single person holds a special place in our hearts. Their love and support are a big part of what gives us the strength to keep going.

Thanks to Our O'ahu Sponsors

Thomas Kosasa, M.D.
inspirechurch
ALTRES
Hawai'i Pacific Health
The Queen's Health Systems
DSE Hawaii
Kelley O'Neil's
First Hawaiian Bank
M.Dyer Global
hmsa
Aloha Care
Ka Punawai Ola
Mindful Connections, LLC
Hawai'i Disability Rights Center
Hawai'i Health & Harm Reduction Center
Zephyr Insurance
Pacific Quest





MOLOKA'I SIGN WAVING & OUT OF THE DARKNESS WALK



Led by Board member Ui Kiaha, Moloka'i community members gathered for a sign waving on September 14 followed by their 5th Annual Out of the Darkness Walk on September 19. It was attended by 50+ people, including children, adults, and youth from Molokai High School's Leo Club. The event featured resources, community connection, and a beautiful beach sunset. where participants threw flowers in the ocean to share a message of hope and light.

Watch a video compilation by Daniel Emhof from Akaku Molokai:
Molokai Out of the Darkness Walk



LĀNA'I SIGN WAVING



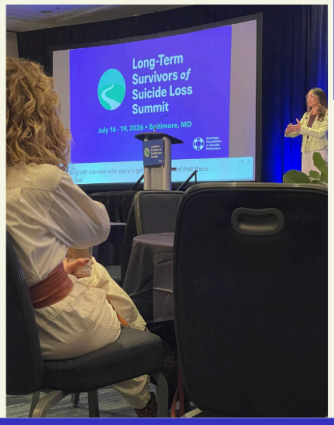
On September 16, 2026, members of the Lanai community gathered together to spread messages of love, hope, and togetherness in honor of Suicide Prevention and Awareness month, signifying that during difficult times, we are stronger together.

LOSS & HEALING

"Healing is not forgetting, it's honoring the past while living fully forward."

LONG-TERM SURVIVORS OF SUICIDE LOSS SUMMIT.

In mid-July, Board members Nicolle Grimes and Karen Ng attended the AFSP Long Term Survivors of Suicide Loss Summit in Baltimore, Maryland. The summit is the only conference of its kind, created to offer a space for long-term survivors to connect, share experiences, find community, and explore how grief changes and evolves over long periods of time.





Join us for Survivors Day, a special day of connection, healing, and remembrance for those who have lost someone to suicide.

📅 Saturday, November 21, 2026
🕙 10:00 AM–2:00 PM
📍 Aloha Council, 42 Puiwa Road, Honolulu, HI 96817

Come together with others who understand the journey of suicide loss. The day will include healing conversations, opportunities to connect and share, and a meaningful activities. Lunch and light snacks will be provided.
You are not alone. This is a day to remember, connect, heal, and support one another.

Long-Term Survivors of Suicide Loss Summit

You are not alone in your grief.

American Foundation for Suicide Prevention

EDUCATION

It's Real: Teens & Mental Health!

45-minute program providing young people with mental health education and resources.

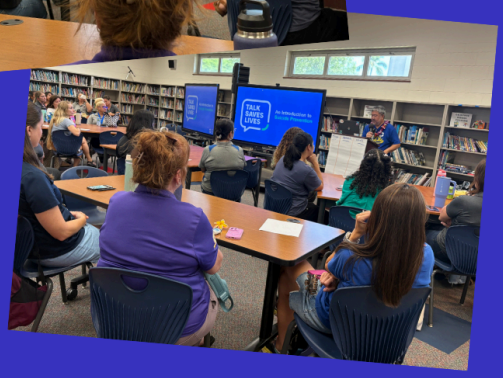
On September 2, 2026, in recognition of Suicide Prevention Month. AFSP trained presenters from the Hawai'i State Department of Education's Project HI-AWARE2 team presented to approximately 150 youth at Job Corps Hawai'i. Students received mental health resource flyers, bracelets, and 988 stickers for the backs of their IDs, keeping information about where to find help close at hand.





Presenting to Scouts of America





Talk Saves Lives: An Intro to Suicide Prevention

60-minute program providing participants with life-saving knowledge and practical skills for how to engage in critical conversations and save lives.

Presenting to Hickam Elementary School Staff

FILL OUT A PROGRAM REQUEST FORM AT AFSP.ORG/HAWAII TO SCHEDULE A PRESENTATION!

OUTREACH



AFSP Hawai'i continues to show up in community—creating space for connection and sharing resources for mental health and suicide prevention.

- 7/31 Native Hawaiian Mental Health Summit at Kamehameha Schools - Kapālama
- 8/25 Sexual Assault Awareness & Prevention at Kahuku Public School and Library
- 9/5 O'ahu Out of the Darkness Walk
- 9/12 WE Are Kalihi - YOUth Matter at King David Kalākaua Middle School

VOLUNTEERS

- Welcoming New Volunteers! On July 26, we kicked off our Virtual Volunteer 101 training on Zoom. During the hour-long session, attendees got an inside look at our upcoming projects and learned how they can lend a hand from anywhere.
- Pizza, Posters & Purpose! On August 2nd, our team got together for a fun afternoon of creativity and connection as we made posters for the upcoming Out of the Darkness Walk! We shared laughs, ate plenty of pizza, and brought some fantastic poster ideas to life.
- Walk Celebration Karaoke & Potluck! To celebrate the huge success of our Out of the Darkness Walk, we hosted a post-walk karaoke and potluck party on September 19. It was a wonderful afternoon of great food, fun songs, and well-deserved celebration with our amazing AFSP Hawaii community.



UPCOMING EVENTS

International Survivors *of* Suicide Loss Day

November 21, 2026

American Foundation for Suicide Prevention

November 21, 2026

Each year, AFSP supports hundreds of large and small Survivor Day events across the globe, in which suicide loss survivors come together to find connection, understanding and hope through their shared experience. While each event is unique and offers various programming, all feature an AFSP-produced documentary that offers a message of growth, resilience and connection

This event is for Survivors of Suicide Loss only.

Questions?

Nicolle Grimes
nicollegrimes@gmail.com

Local Event Information

Aloha Council President's Hall
42 Puiwa Road
Honolulu, HI 96817

10**am - 2pm HT**

To register, scan QR Code below:

afsp.org/survivorday

American Foundation for Suicide Prevention

WALK WITH US TO PREVENT SUICIDE







REGISTER TODAY

Maui Community Out of the Darkness Walk

REGISTER FOR THE WALK

December 12, 2026
Check-In: 10:00 AM
UH Maui College Great Lawn

VOLUNTEER WITH US!

American Foundation for Suicide Prevention Hawaii | OUT OF THE DARKNESS Community Walks

- **NOVEMBER 21: INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY**
- **DECEMBER 5: AFSP VOLUNTEER 101 (VIRTUAL)**
- **DECEMBER 12: MAUI OUT OF THE DARKNESS WALK**

HAWAII CHAPTER BOARD MEMBERS

Angela Martinez
Cori Takesue
Dennis Hida, Board Chair
Karen Ng
Nicolle Grimes
Presley Hill
Rachelle Chang
Sarah Gudmunson
Sheri Taketa
Ui Desiree Kiaha
Valerie Yamakawa

CONTACT US:
HAWAII@AFSP.ORG

FOLLOW US @AFSPHAWAII

988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT

No longer want to receive these emails? Unsubscribe.
{{ organization.name }} {{ organization.full_address }}