



## CYCLE AGAINST SUICIDE

Cycle Against Suicide is an initiative started by Irish entrepreneur, Jim Breen, as a result of his appearance on RTE's *The Secret Millionaire* programme.

The main objective of the Cycle is to raise awareness of the considerable help and supports that are available for anyone battling depression, self-harm, at risk of suicide or those bereaved by suicide.

The Cycle Against Suicide community is determined to let people in every corner of the island of Ireland know that it's OK not to feel OK and it's absolutely OK to ask for help. **Together, shoulder to shoulder, we can break the cycle of suicide on the island of Ireland.**

Over 800 people die by suicide on the island of Ireland each year. That is 800 families and communities devastated; 800 lives cut short. Cycle Against Suicide aims to change this by beginning a conversation about mental health and getting the message that 'it's OK not to feel OK; and it's absolutely OK to ask for help' into schools, businesses and communities.

Each year Cycle Against Suicide brings together cyclists with different abilities, different stories and different "whys," to help break the cycle of suicide. The now annual event has seen over 10,000 cyclists take to the roads, shoulder to shoulder, since 2013.

"Over the past three years of Cycle Against Suicide, over 10,000 cyclists have joined us on all types of bikes and in all types of weather to help spread the message. Now entering its fourth year, Cycle Against Suicide wants 2016 to be the biggest and best Cycle while bringing our message to the 6.4 million people on the island of Ireland."

The main event was a 14 day round trip of Ireland which started on Sunday 24th April in Phoenix Park, Dublin. Participants can register for as many or as few days as they like. Last year GPS's own Marty Maguire completed the first leg of the journey and was disappointed that we had not given him more time off to do more!



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GPS is once again proud to support Cycle Against Suicide in spreading their message throughout Ireland. Please take the time to go and support the events, if only to cheer on the sea of orange cycling through a town near you.

Sometimes we could all do with remembering that 'it's OK not to feel OK and it's absolutely OK to ask for help.'

[www.cycleagainstsucide.com](http://www.cycleagainstsucide.com)  
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