

## Pieta: Darkness Into Light 2025 (https://www.activelink.ie/node/113905)



Darkness Into Light 2025, proudly supported by Electric Ireland, will take place at 4:15 a.m. on Saturday, May 10, 2025. This inspiring event symbolizes hope, as communities come together to support mental health and prevent suicide.

There are many ways to get involved. Join an official Darkness Into Light walk or create your own DIL fundraiser—whether it's a bake sale, a car wash, a sponsored silence, a run, or a swim. Rally your family, friends, and colleagues in your local area to make a difference.

Let's stop suicide. Sign up to stop suicide and be part of the change. Together, we can turn Darkness Into Light for those who need it most.

Join us on Saturday 10th May for the most important sunrise of the year and help raise much needed funds to support suicide and self-harm prevention in Ireland.

## Further information. (https://www.darknessintolight.ie/)

**Region** Nationwide

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