

# 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.



**DARKNESS  
INTO LIGHT**  
Pieta House

[www.darknessintolight.ie](http://www.darknessintolight.ie)

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