



**DARKNESS
INTO LIGHT**

Pieta House

*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

Walk with me on 11 May 2019
www.darknessintolight.ie