

# KNOW SUICIDE KNOW THE SIGNS

Knowing the  
signs could  
be your first  
major step  
in helping  
a loved one.

Pieta's Crisis Helpline

**1800 247 247** or  
text **HELP** to **51444**

visit [pieta.ie](https://pieta.ie)



Ireland's Suicide  
Prevention Charity

Charity Registration No. CHY16913 Charities Regulatory Authority No. 20062026



# KNOW SUICIDE KNOW THE SIGNS

Knowing the  
signs could  
be your first  
major step  
in helping  
a loved one.

Pieta's Crisis Helpline

**1800 247 247** or  
text **HELP** to **51444**

visit [pieta.ie](https://pieta.ie)



Ireland's Suicide  
Prevention Charity

Charity Registration No. CHY16913 Charities Regulatory Authority No. 20062026



# KNOW SUICIDE KNOW THE SIGNS

Knowing the  
signs could be  
your first  
major step  
in helping  
a loved one.

Pieta's Crisis Helpline

**1800 247 247** or  
text **HELP** to **51444**

visit [pieta.ie](https://pieta.ie)



Ireland's Suicide  
Prevention Charity

Charity Registration No. CHY16913 Charities Regulatory Authority No. 20062026



# KNOW SUICIDE KNOW THE SIGNS

Knowing the  
signs could be  
your first  
major step  
in helping  
a loved one.

Pieta's Crisis Helpline

**1800 247 247** or  
text **HELP** to **51444**

visit [pieta.ie](https://pieta.ie)



Ireland's Suicide  
Prevention Charity

Charity Registration No. CHY16913 Charities Regulatory Authority No. 20062026