

How you can get help right now in your area

Pieta's lifesaving services are available right now in every area of the country. Simply call your local centre to access the **FREE** professional help you or your loved one needs right now.

Leinster

Pieta Ballyfermot
Canon Troy House
Chapelizod Hill Road
Ballyfermot, Dublin 10, D20 R886
Phone: 01 623 5606

Pieta BeLongTo Service
13 Parliament Street, Temple Bar
Dublin 2, D02 P658
Phone: 01 462 4792

Know the signs

Recommend Pieta to someone in suicidal crisis.

Pieta Collins Avenue
309 Collins Avenue
Whitehall
Dublin 9, D09DX53
Phone: 01 884 0532

Pieta Dublin North
Unit 22 Santry Way
Dublin 9, D09 R2P3
Phone: 01 883 1000

Pieta Dublin South
First Floor, Greenhills Retail Park
Greenhills Road, Tallaght
Dublin 24, D24 RH59
Phone: 01 462 4792

Pieta Lucan
Lucan Road
Lucan, Dublin
K78HK88
Phone: 01 601 0000

Pieta Midlands
Seán Costello Street, Athlone
Co. Westmeath, N37 W9W0
Phone: 090 642 4111

Pieta Skerries Service
MoreHealth Skerries
17 Thomas Hand Street
Townparks
Skerries, Dublin
Phone: 01 883 1000

Pieta Wexford
14 Francis Street
Wexford, Y35 Y427
Phone: 053 912 2787

Munster

Pieta Cork
Shanakiel, Sunday's Well
Cork, T23 P865
Phone: 021 439 5333

Pieta Kerry
28 Moyderwell Tralee
Co. Kerry, V92 ADP1
Phone: 066 716 3660

Pieta Midwest
Ardaulin Mungret
Limerick, V94 T258
Phone: 061 484 444

Pieta South East
20 Waterside, Waterford City
Waterford
Phone: 051 858 510

Ulster

Pieta Monaghan Service
Castleblayney, Co. Monaghan
Phone: 090 6424 111

Pieta Cavan Service
Cavan Town, Co. Cavan
Phone: 090 6424 111

If you or someone you know is in crisis call

Pieta's 24/7 Crisis Helpline

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

Know Pieta is here for you

Pieta's friendly, understanding, expert therapists are here for you right now.

Pieta Northwest
3rd Floor, Grand Central Building
Canal Road, Letterkenny
Co. Donegal, F92 EK7Y
Phone: 074 912 6594

Connaught

Pieta Ballina Service
Family Resource Centre
Abbey Street, Ballina
Mayo, F26 C6P6
Phone: 093 255 86

Pieta Galway
2nd Floor, Lismoyle House
Merchants Road
Galway, H91 FX4T
Phone: 091 502 921

Pieta Sligo Service
Northside Resource Centre
Forthill, Sligo
Phone: 074 912 6594

Pieta West
Bishop St, Townparks (4th Division)
Tuam, Co. Galway, H54 PR24
Phone: 093 255 86

Pieta

Ireland's suicide prevention charity

Pieta provides professional, confidential, non-judgmental help for anyone in suicidal distress, self-harming, or bereaved by suicide. You don't need a referral from a doctor or medical professional. The service is entirely **FREE** and is available right now in your area. And remember, it's on your terms – you can talk to us in person, by text or by phone.

How Pieta's model works for you

Pieta's therapy model is founded on robust research which shows that, while one part of a person may want to die, another part wants to live.

Reducing the wish to die. Strengthening the reasons to live.

Through therapy, we offer practical strategies to help move beyond the suicidal crisis and on to strong reasons to stay alive and find meaning and fulfilment in life.

KNOW SUICIDE. KNOW THE SIGNS.

"Thank God my mam saw the signs – that I was in a dark place. The therapist I worked with helped me understand my sadness and anxiety. But also pointed me to the positives, to the reasons to seize life again. Pieta had the sense of care. The expertise. And unbelievable support all the way."

– Anon



Ireland's Suicide
Prevention Charity



visit **pieta.ie**

Charity Registration No. CHY16913 Charities Regulatory Authority No. 20062026

**KNOW
SUICIDE
KNOW
THE SIGNS**

BE INFORMED AND SEEK
OUR FREE EXPERT HELP
FOR SOMEONE YOU LOVE

How you can
help someone
you love who
is in suicidal
distress.

A free, safe, expert and friendly
path away from suicide.



Ireland's Suicide
Prevention Charity

Know suicide. Know the signs.

When a loved one or friend is behaving in a worrying way, is in deep pain and feeling hopeless, it can be heartbreaking and terrifying. You want to take their suffering away. It's so difficult to know what to do. But there are three very simple steps that will help you.

Know the signs of suicide

- Knowing the warning signs of suicide and knowing how to respond can help to save a life. That's why we're sharing here a list of key warning signs.

Ask, Persuade, Refer. Don't wait for someone else.

- When you know the signs, there are some simple, practical steps you can take to help. We call this APR – and just like CPR, it can save a life.

Contact Pieta

- Pieta is Ireland's suicide prevention charity. Our professional counsellors specialise in suicide prevention and tackling self-harm.

Whether you're in crisis yourself, or whether you know someone who is, we're here to listen and to offer FREE expert, practical help. We have centres all over Ireland and Pieta's suicide, self-harm and suicide bereavement crisis helpline is open 24/7.

Text **HELP** to **51444**

Knowing the signs, you can save a life

Pieta offers free, friendly, safe and expert therapy in your area – in person, by text or phone.

What you can do to help

If you believe someone is considering suicide, there are three simple steps you can take to help. We call this APR. And by practicing APR you can save a life.

ASK PERSUADE REFER

1. ASK

If the person is opening up to you, engage them in a non-judgemental manner with empathy and don't be afraid to ask them directly if they are struggling with thoughts of suicide or self-harming behaviour.

Ask them directly **"Are you thinking about suicide or wanting to kill yourself?"**

Don't say "Do you want to hurt yourself?". Self-harming is not the same as suicide.

Don't be afraid. It's understandable that you might be worried that mentioning suicide to someone you love who is in distress could encourage the idea. But that is a myth.

The reality is that talking to them openly and honestly is one of the best things you can do. Just listening is one of the most powerful tools we have.

Don't be afraid to ask someone if they are thinking of suicide

This does NOT drive them to act.

2. PERSUADE

Calmly and gently try to persuade the person to seek help or to allow you to assist them in getting help.

Say **"Will you go with me to get help?"** or **"Will you let me assist you to get help?"**

Or ask them to agree not to act on their suicidal thoughts until you've arranged help for them. If you can't persuade them to seek help in person straight away remember that Pieta's Crisis Helpline is open 24/7 freephone **1800 247 247**.

3. REFER

As quickly as you can, refer or guide the person you are concerned about to Pieta (or your doctor or local mental health service).

If you can, make the call with them or travel with them to the appointment.

Remember, most people who talk about suicide do not want to die. They simply want to stop the pain they feel.

Start a conversation. Take action.

Don't wait for someone else to do something. Pieta is waiting for your call.

Know the Signs – How to recognise suicide warning signs

If you're worried that a friend or loved one is suffering or thinking of suicide – here are some of the key warning signs to watch out for.

What to listen for:

- Talking or writing about hurting themselves, dying or saying that they want to die
- Talking about ways to die or having a suicide plan
- Saying that they are 'trapped' or have no options in their life
- Saying they have no purpose in their lives, that they feel hopeless

What to look for:

- Engaging in self-harm or reckless, risk taking behaviour
- Giving items away or saying goodbye to people
- Becoming more inward-looking and withdrawing from family and friends
- Changes in their sleep patterns – too much or too little sleep
- Extreme emotions or dramatic changes in mood
- Increasing their use of drugs or alcohol

If you recognise one or more of these warning signs in a loved one's behaviour, don't wait for someone else to do something.

Pieta's Crisis Helpline

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