

INSIDE HOPE.

Your **Pieta Supporter** Newsletter



"The most important call someone will make."

Inside Pieta's 24-Hour Helpline

Pieta's 24-Hour Crisis Helpline receives nearly 300 calls and texts – every single day.

But thanks to your support, one of Pieta's qualified psychotherapists is always there to take the call, 24 hours a day, 365 days a year.

In this edition of Inside Hope, Clare McKim, Pieta's Helpline Manager, takes you behind the scenes in the 24-Hour Crisis Helpline and shows you why your support is so important.



ALSO IN THIS ISSUE:

- How to recognise the signs of suicide – and what to do
- Meet DIL organiser, Darren Chambers
- How your support changes lives, every day
- And much more ...



All the latest news, views, and inspirational stories of hope that you help to make possible.

Your support at work 24-hours a day

Inside Pieta's 24-Hour Crisis Helpline

Clare McKim started with Pieta three years ago, after seven years of voluntary suicide prevention work. Now she is Pieta's National 24-Hour Crisis Helpline and Therapy Services Line Manager.

Clare manages a team of qualified psychotherapists who staff the Crisis Helpline 24 hours a day, 365 days a year.

"That's what makes Pieta unique. All of the people working on the helpline are fully qualified. And they have so much passion and care for their work and for the people who call."

Calls to Pieta's Crisis Helpline come at all times of the day and night and can last for just a few minutes or for as long as an hour.

"It takes incredible courage to share thoughts of suicide with another person. When someone gets up that courage to ring us, it is absolutely essential to have a qualified professional on the other end of the line."

And the Crisis Helpline is available to anyone who needs it.

"The Crisis Helpline is available for anyone affected by suicide or self-harm and that includes parents, friends, colleagues and anyone who is concerned about a loved one. This service is free for everyone."

With 80% of Pieta's work funded by public generosity, it is your kindness that powers this incredible lifesaving service.

"I've always been passionate about the work that Pieta does and the incredible community of supporters who make it all possible. It's incredible to see how many people can be supported each year, thanks to the amazing support we receive."

Tonight, Pieta's Crisis Helpline will be as busy as ever. But thanks to your support, Clare and her team will be there to answer those calls.

Thank you for making sure that no one is ever alone.

**Just a simple fact:
Pieta's Crisis Helpline receives almost**

**100,000
calls and texts per year**

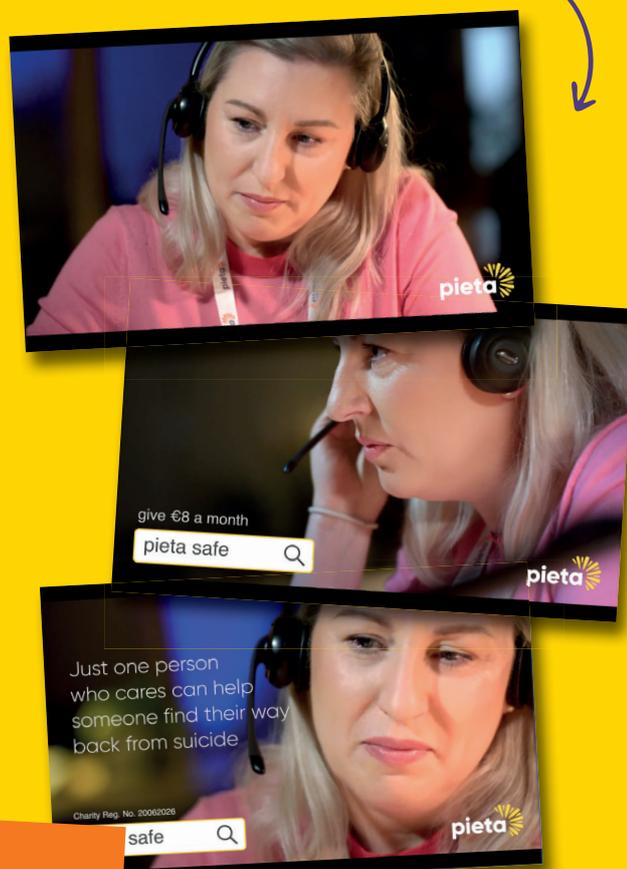


Clare

Clare McKim
Pieta's National 24-Hour
Crisis Helpline and Therapy
Services Line Manager

DID YOU SEE OUR TV AD?

Recently we launched our first ever fundraising ad on TV. This ad featured our 24-Hour Crisis Helpline. Huge thanks to everyone who signed up to donate €8 a month to keep Pieta services free and available to those who need them.





Your support is helping to raise awareness

Your support does so much more than help to keep Pieta's services free and available to those who need them. You are also helping to prevent suicide by raising awareness. Thanks to your support, Pieta is about to launch a major nationwide awareness campaign called Signs of Suicide.

We asked Pieta psychotherapist Jessica Keye to tell us about the Signs of Suicide campaign

"Knowing the warning signs of suicide could help you to save the life of someone you know. There are some key things to listen and watch for.

Is the person talking about dying or having a suicide plan? Are they saying they feel trapped or hopeless?

Is the person self-harming or behaving in a reckless or risk-taking way, including increased use of alcohol or drugs? Are they giving personal items away?

Do you notice dramatic mood changes, and withdrawal from activities they used to enjoy? Have there been significant changes to their sleeping patterns?

If you notice this type of behaviour or think someone you know may be in crisis, there are three simple steps you can take."



Jessica

Jessica
Pieta Psychotherapist

ASK. In an empathetic and non-judgemental way, ask the person: "Are you struggling with thoughts of suicide?" or "Are you struggling with self-harming behaviour?"

PERSUADE. Gently try to persuade the person to seek help, or ask them if they will allow you ask for help for them.

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

"Remember, mentioning suicide will NOT encourage the idea. That is an old myth. Talking openly and honestly is one of the most powerful ways you can help."



Thank you for the light you bring

Meet Darkness Into Light Community Organiser Darren Chambers.

Every year in May, tens of thousands of people take part in the magical Darkness Into Light event. Behind the scenes is a fantastic team of volunteers and community organisers.

Darren Chambers is one of them – and he'd like to say a huge thank you to everyone who helped to make this year so special.



Darren

Darkness Into Light Organiser

Hi,

My name is Darren and I am one of the organisers of Darkness Into Light in Marlay Park, Dublin.

I'm so proud to work alongside the wonderful committee and volunteers that help to make Darkness Into Light the inspirational event it is. Like you, they truly are the embodiment of Pieta.

Everyone who takes part is really genuine, warm, welcoming and passionate. And I'm in awe of the work everybody does and how amazing it feels at Darkness Into Light when all that passion and understanding comes together.

Some people have been impacted by suicide, and they're doing their bit to make sure nobody else goes through it. But we're all there together. Everyone has a role to play.

And when you see people walking, and the lights they carry, as far as the eye can see – it's incredible. It resonates.

The truth is that you don't have to do a whole lot to help people who are feeling vulnerable. You just have to show up, show compassion. And that's what you do for this community, time and time again.

And if there's ever any doubt, just look around at Darkness Into Light, at all the people, all of you wonderful people, proving time and time again – every year at this incredible event, and all the days in between – that no one is ever alone.

Thanks again. And I look forward to seeing you next year – and walking together, as we always do, into the sunrise.



In 2021 your kindness made possible

48,000 hours of intervention and bereavement counselling

Your care changes everything

I'm delighted to be able to share the latest edition of Inside Hope and share with you all the latest news and updates about what's going on in Pieta – and most importantly, to show you the impact of your incredible support.

You give people a place to turn, when everything seems lost. And the warmth of your care continues to show people every day that they are not alone.

Thank you so much for being part of our incredible Pieta community.



Wendy Glennon
Pieta Supporter Team

Wendy



Charlie's extraordinary climb

Charlie Bird's incredible event, Climb with Charlie, exceeded all expectations. Donations will be used for the Charlie Bird Crisis Intervention Fund.

A therapy space in our Dublin centre will also be named after Charlie – a small gesture to show our appreciation for his wonderful support, and for everyone who donated to make his climb a success. Thank you to everyone who came together for this unforgettable experience.

Charlie Bird presents a cheque for a staggering €1,688,000 each to Pieta and the Irish Motor Neurone Disease Association.

How your care can do even more

Did you know? If you are a taxpayer and have given €250 or more to Pieta in the course of a calendar year, your donation(s) can be worth 45% more at no extra cost to you. The CHY3 tax form is valid for five years and doesn't commit you to make any future donations.

All you need to do is email donorcare@pieta.ie or phone (01) 458 5490 and we'll post a form and reply envelope to you. **Thank you!**



"Knowing there are people out there, people like you, who care enough to donate and fundraise to help Pieta – that's what hope means to me. There are no words to describe how grateful we are for the love and support you have shown our family."

– Des, Pieta client

Your brightest moments

We asked Darkness Into Light participants to share with us their favourite part of the day. This is what they said.



"The sense of togetherness with everyone there."

"The atmosphere...it's incredible. So much support."

"The birds singing, candles lighting the way."

"The sun rising."

"Connection, feeling of unity."

"Walking with people of all ages who really care about suicide."

"I've suffered from mental health issues and it felt amazing to help others."

Did you know?

With your help – Darkness Into Light 2022 raised over €4 million and had almost 120,000 participants across the world. All to help people affected by suicide and self-harm.

Now that's a light shining brightly.

Thank you so much.



Kindness that lives beyond us

As a Pieta supporter, you will already know that our lifesaving work is **80% funded by people like you.**

Remembering Pieta with a legacy gift, of any size, is a truly wonderful way to offer hope to those in need of Pieta's services, even beyond your own lifetime.

If you'd like to learn more, please call **01 45 85 490** or email donorcare@pieta.ie.



Donate online at pieta.ie/hope or by Freephone 1800 14 14 14 (24 hours a day, 7 days a week)*. Or please return your donation form and gift, in the Freepost envelope provided.