



This Christmas, through the darkest days,
all across Ireland there are people holding
on by the thinnest of threads.

Will you help make sure no cry for
help to our **24/7 Crisis Helpline**
goes unanswered?

Last year, **Pieta's therapists answered 100,000 calls and texts**, around 300 every single day. And when most other services are closed, more people reach out.

When there's no one else, Pieta will answer, even on Christmas Day.
Every Big Christmas Light Up, every euro you give, helps keep our lifeline open through the darkest nights.

€24

Just €24 funds 2 calls to our helpline for people in crisis.

€45

€45 funds a holdover session to give people in crisis the professional support they need.

€100

€100 will cover a therapy session, to start the journey from despair to hope.

€250

€250 allows us to provide support to young people in schools through our Resilience Academy.

Your kindness and donations will change lives.

Light up the darkness.

Your kindness helps save lives.



Donate now

