

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 to access the **FREE** professional help you or your loved one needs right now.

Our services include:

- Crisis Intervention
- Counselling
- Suicide Bereavement for families / communities



We delivered

52,000

hours of intervention and bereavement counselling in 2020

We received over

70,000

crisis support calls and texts in 2020

We directly supported over

600

households impacted and bereaved by suicide in 2020



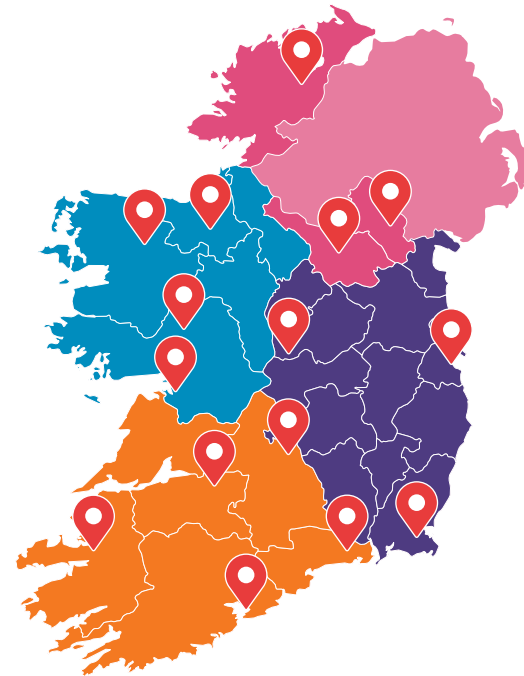
SIGNS of Suicide

Recommend Pieta to someone in suicidal crisis.

Our free counselling service is available in person at **OVER 20** centres nationwide

For Appointments & Therapy Enquiries

Phone **0818 111 126**



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

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.

SIGNS of Suicide.

"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



Charity Registration No. CHY16913 Charities Regulatory Authority No. 20062026



visit **pieta.ie**

signs OF SUICIDE

Sleep disturbance

Isolation

Giving away possessions

No interest in anything

Speaking of no future

Knowing the warning signs of suicide could save a life.

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Ending Suicide. Beginning Hope.

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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.

SIGNS of Suicide – 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

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