

Pieta providing supports  
for our communities &  
keeping hope alive during  
these darkest days



Due to the impacts of Covid-19, Pieta has been providing counselling over the phone since 13<sup>th</sup> March 2020. We are continuing to take referrals and will provide supports to those suitable for our service.

Anyone experiencing suicidal ideation, self-harm or who has been bereaved by suicide is welcome to contact their local centre to arrange for phone counselling. Please contact:

- **Collins Avenue** (01) 884 0532
- **Dublin North** with outreach in **Skerries** (01) 883 1000
- **Midlands** (Athlone) with outreach in **Cavan/Monaghan** (090) 642 4111

Contact details for our centres countrywide can be found on [here](#).

Our 24/7 suicide helpline and text service is manned by trained therapists (psychotherapists & counselling psychologists) and is available for anyone in the country. It is free to call or text and is also available for anyone who is concerned about someone.

Helpline: 1800247247

Text: Text HELP to 51444 and someone will text or call back. This depends on client's preference.

Email: [mary@pieta.ie](mailto:mary@pieta.ie)

### **Crisis Funding Appeal**

Pieta has also launched ***Darkness into Light Sunrise Appeal to raise crisis funds*** due to the Covid 19 and postponement of a number of fundraising events, including Darkness into Light. Without the funds raised by this event, **Pieta's services are now facing an immediate and devastating financial crisis**. More than 80% of our funds come from the public, and we need you to help us today to keep our lifesaving services available to those who need them most, especially during these darkest days. Details on how you can support our sunrise appeal can be found on this [link](#).