



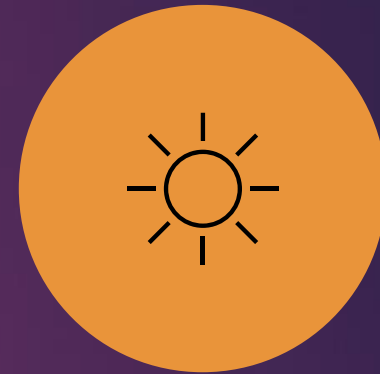
Supporting people and  
communities in crisis



**WARMTH**



**COMPASSION**

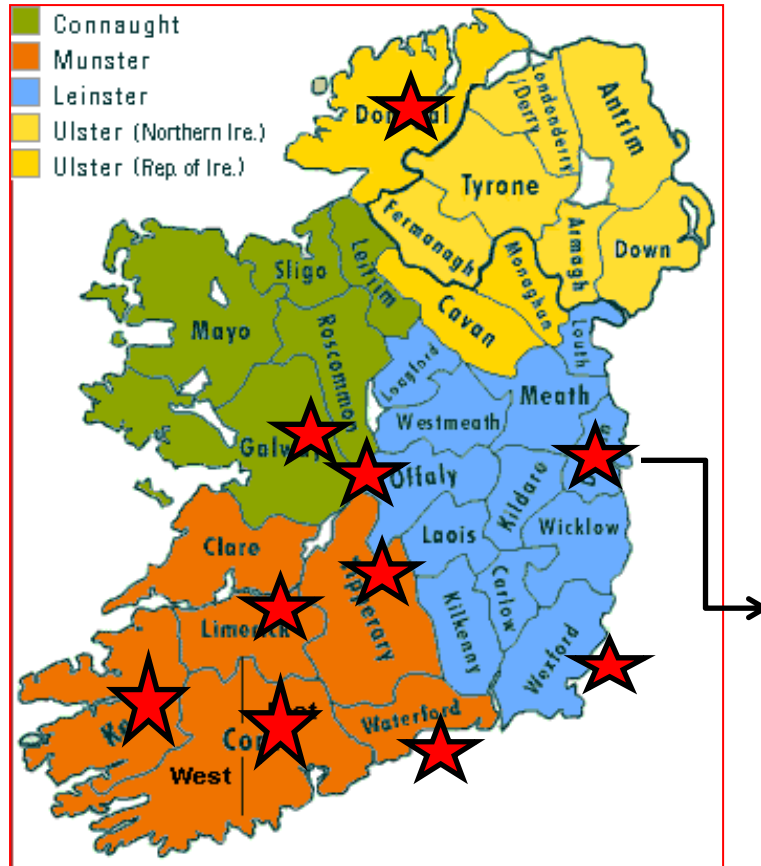


**HOPE**

# Pieta – about us!

- ▶ Pieta first opened its doors in Lucan, County Dublin in 2006. Since then we have seen and helped over 58,000 people in suicidal distress or engaging in self-harm.
- ▶ We now operate fifteen centres and five outreach service across Ireland. Pieta now employs over 200 therapists and administration staff, and the demand for our service is increasing.
- ▶ Everything is free of charge and our staff are fully qualified, providing a professional one-to-one therapeutic service for people who are experiencing suicidal ideation, people who have attempted suicide and people who are engaging in self-harm. A doctor's referral or a psychiatric report is not required.

# EXPANSION: 16 Years - 20 Centres



- 2006 Lucan
- 2008 Dublin South (Tallaght), Dublin North (Swords)
- 2010 Limerick
- 2011 Ballyfermot
- 2013 Tuam
- 2013 Cork
- 2014 Kerry
- 2016 Waterford & Wexford
- 2017 Donegal
- 2017 Collins Avenue
- 2017 Athlone
- 2018 Galway City
- 2019 Outreach Centre – Ballina, Sligo, BeLongTo
- 2020 Outreach Centre - Cavan /Monaghan, Skerries
- 2021 Outreach Centre - Roscrea,

# Pieta Service

Prevention

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Intervention

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Postvention

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# Prevention Services

# Prevention

Pieta's prevention services include

- ▶ **The Resilience Academy**
- ▶ **The Amber Flag**
- ▶ **National Awareness campaigns** (*Know Suicide, Know the Signs*)
- ▶ **Training & Education**

These are awareness driven initiatives to instil and empower young people with coping mechanisms to prevent them potentially incurring suicidal or self-harm thoughts in the future.



# Intervention Services



# Intervention

## Intervention Therapy

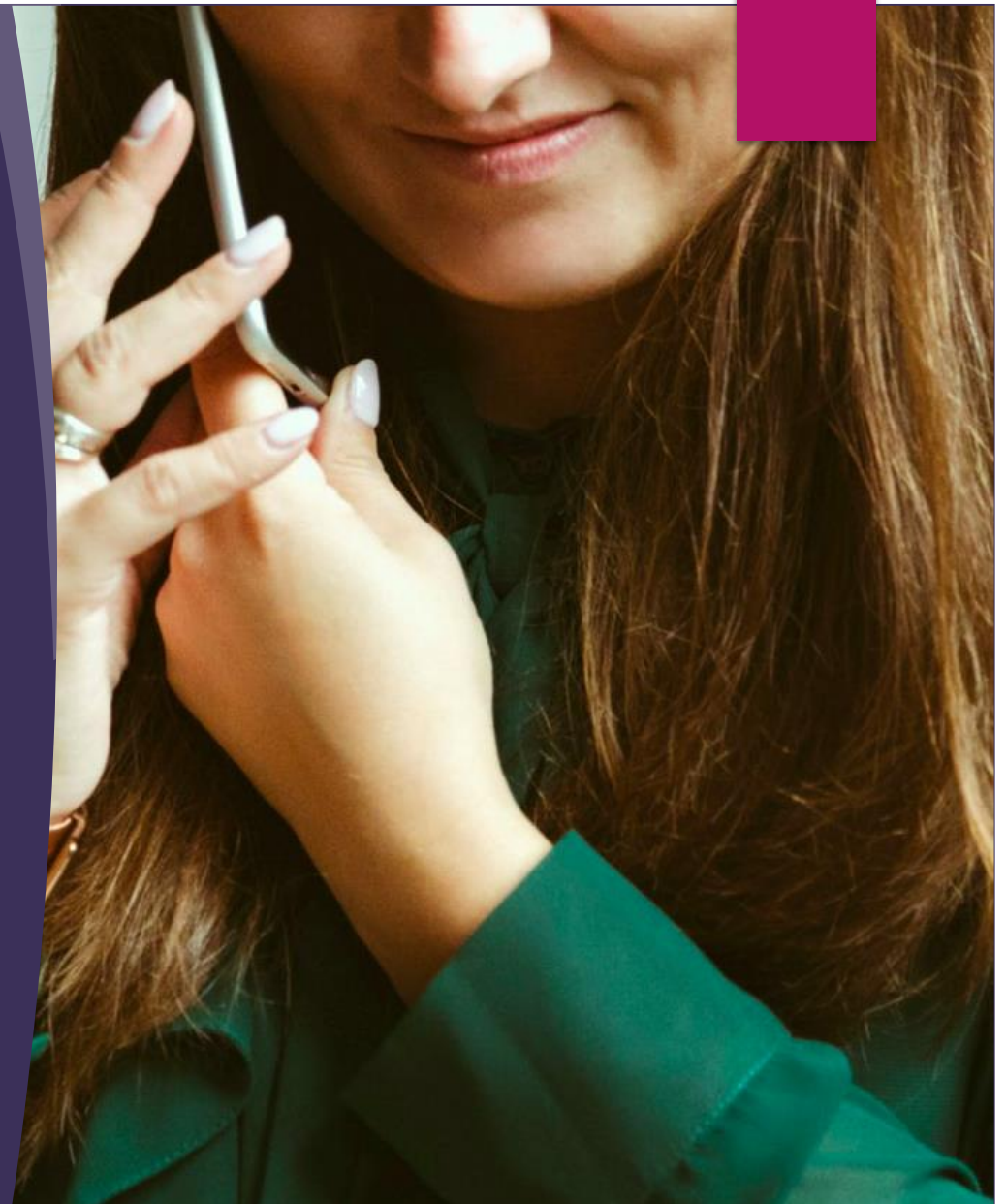
### Suicide Ideation & Self Harm

- ▶ Face to Face / Phone / Video Therapy
- ▶ Face to Face Available in 20 locations
- ▶ Over 18's, Under 18s and under 12's
- ▶ 12 sessions (minimum)
- ▶ Pieta way model – Strength based & Solution Focused
- ▶ Key Support Sessions for Family/Friend
- ▶ 'Holdover' Appointments



# Therapy Services; Pre - Therapy

- ▶ **National Therapy Services Line 0818 111 126**  
Monday to Friday 8am to 9pm  
Saturday 9am to 2pm
- ▶ First contact, **Initial Risk & Suitability Assessment** through telephone call
- ▶ **Assessment Appointment** – to evaluate risk and ensure we are the best service to be of help.





## 24hr Crisis Helpline

- ✓ 24hours – 365 days a year!
- ✓ Qualified Therapists
- ✓ Free phone 1800 247 247
- ✓ Text HELP to 51444 (service charge applies)
- ✓ First line of support for people seeking help
- ✓ Crisis support – suicide ideation, self harm, bereaved by suicide
- ✓ Access to therapeutic support for those who are isolated
- ✓ Support in between session for clients
- ✓ Connection with other services – referrals pathway
- ✓ Information and psychoeducation for those supporting people in crisis.

# Post-vention

# Postvention

## Suicide Bereavement Liaison service

- ▶ 12 SBL- Officers (SBLOs)
- ▶ From 48hrs after a death by suicide –and Up to 8 weeks after a death by suicide
- ▶ Face to Face / Phone support available
- ▶ 8 support Sessions
- ▶ Communities & Homes
- ▶ Signposting & Information

## Bereavement Therapy

- ▶ 3 months after a death by Suicide
- ▶ Adults (30 Sessions)
- ▶ U18 (20 Sessions) U12 (15 Sessions)
- ▶ Face to Face Therapy available in 20 Locations
- ▶ Phone & Video Therapy







pieta 

Thank you for listening