

SUICIDE AND SELF-HARM



We provide a professional one-to-one therapeutic service to people who are in suicidal distress, who engage in self-harm or who are bereaved by suicide.

[www.pieta.ie](http://www.pieta.ie)

## JIGSAW

**Jigsaw** offers expert mental health advice and support to young people across Ireland, aged 12 to 25.

[www.jigsaw.ie](http://www.jigsaw.ie)

## YOUNGMINDS

**YoungMinds** is a mental health charity for children, young people and parents.

[www.youngminds.org.uk](http://www.youngminds.org.uk)



**Your Mental Health** provides information and advice on how to look after your mental health, and services and supports available.

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

BEREAVEMENT



The **Dougy Center** is a US-based non-profit organisation which provide support for children, teens, young adults, and families who are grieving.

[www.dougy.org](http://www.dougy.org)



This network provides information and resources for coping with grief in children, adolescents, and families.

[www.childhoodbereavement.ie](http://www.childhoodbereavement.ie)



This is a national charity that addresses dying, death and bereavement in Ireland. It operates a bereavement support line.

[www.hospicefoundation.ie](http://www.hospicefoundation.ie)



**Winston's Wish** is the UK's childhood bereavement charity. They support children and their families after the death of a parent or sibling.

[www.winstonswish.org](http://www.winstonswish.org)



# Welcome to Pieta Information for Children & Adolescents

## FURTHER INFORMATION

If you need more information about any of our services, please contact us:

- Call us on **0818 111 126**
- Freephone Crisis Helpline **1800 247 247**
- Crisis Textline **HELP to 51444**
- Visit our website [www.pieta.ie](http://www.pieta.ie)

## About Pieta

We provide to anyone:

- struggling to cope with the death of someone by suicide
- self-harming when they have had difficult experiences or feelings
- having thoughts of suicide due to difficult experiences or feelings.

Pieta provides counselling over the phone, by video or face to face in one of our centres.

## How do I contact Pieta?

If you are under 18 years of age, your parents or guardian will need to call us. We will ask them a few short questions to understand your needs and to check if we are the right people to help you. If we think we are, we will send you an appointment for an assessment.

## What happens at an assessment?

The assessment is to make sure Pieta is the right service for you and that we can help you. This appointment usually lasts 45 minutes.

A therapist will meet with your parents or guardian at the start of the appointment. The therapist will then meet separately with you. They will ask you some questions to understand what you are struggling with and to get a better idea of what support you need. At the end of the assessment, the therapist will talk to you about what happens next. You can also ask any questions you may have.

After they talk to you, the therapist will talk to your parents again to agree what will happen next.

If we are the right service for you, and you agree, we will offer you counselling. If we are not the right service, we will give you information and advice on other services that could help.

## What happens in counselling?

Usually, the therapist is different to the person who met you at your assessment. They will take time to introduce themselves and get to know you.

It is normal to feel nervous starting therapy. Your therapist is very good at making you feel comfortable, listening to you and making you feel safe. They will work at your pace and try to meet your needs in each session. You cannot get anything wrong in sessions. Your opinion is what counts.

## How often will I get counselling?

Your therapist will meet you up to 12 times for 45 minutes each time. These are called sessions.

If you are coming to Pieta because someone you know died by suicide, they will offer you up to 15 or 20 sessions.

Each session usually happens once a week at the same time. The therapist will meet your parent or guardian at the start and end of each session for a few minutes.

## How will the therapist help me?

Our therapists are trained and experienced. They will:

- Listen to you very carefully
- Help you to figure out better ways to cope
- Help you to identify what is already working for you
- Not judge you or tell you what to do
- Recognise that you are the expert in your own life.

## Will you share what I say with anyone?

In the Pieta Centre, you will talk to the therapist alone (if you are comfortable with that). If you are talking to the therapist from home by video or

phone, we will ask your parents or guardian to make sure you have a safe, confidential space to talk with no-one else in the room with you.

Confidentiality is important at Pieta. Any information that you tell your therapist is confidential and they will not tell anyone else without your permission unless they think that you or another person may be at risk or in danger. If this happens, the therapist will need to talk about these risks with your parent or guardian. They may also need to talk to other professional people who can help.

As we want to keep everyone safe, we will share our understanding of your safety with your parent or guardian at the end of each session.

Before you start counselling, we will ask you to sign a confidentiality agreement. You will find more information on this on the agreement form.

## What if I need to talk with someone between sessions?

If you feel you need support between sessions, we will help you make a safety plan. This plan sets out what you can do to keep yourself safe until your next session with your therapist.

## Do my parents need to come to every session?

If your sessions are in a Pieta Centre, your parent or guardian needs to come to the centre with you. However, they will stay in the waiting room while you are in session. They cannot leave and come back at the end of your session time.

For video or phone therapy sessions, your parent or guardian must be at home (but not in the room you are in). We will ask you and your parent or guardian to make sure your conversation is confidential and will not be overheard.

## What if I cannot go to the session?

Your parent or guardian must contact Pieta by telephone giving at least 24 hours' notice so that we can offer the time to another person in need. Pieta cannot be contacted by text.

If you miss two appointments in a row without contacting us, we will send a text to your parent or guardian telling them that we understand your therapy has ended and we will close your file.

## What if I want to stop counselling?

You can stop your therapy anytime you want. However, we would encourage you to continue until you have completed your programme.

We understand that at times it can be difficult to find the motivation to attend a session, but this is often when therapy can help most. If you are struggling with your sessions, please tell your therapist and they will help you to find a solution.

## What help can I get while I am waiting for counselling?

Your parents/guardian can call Pieta and ask for a safety planning session (your therapist may refer to this as a 'holdover'). This is a session with a therapist who will help you to make a safety plan (this may not be your regular therapist).

You or your parent or guardian can call Pieta's Freephone Crisis Helpline (1800 247 247) 24 hours a day. Our helpline team are professionally trained therapists.

- You or your parent or guardian can text 'HELP' to 51444. Standard message rates apply.
- You can ask your parents to take you to a hospital emergency room.
- You can call 999 or 112.