

Welcome to Pieta

At Pieta, we aim to provide a warm and supportive environment with the highest professional standard of care to support you on your Therapy Journey. The following is some information you might find helpful.

What is Pieta?

Pieta provides psychotherapy to those experiencing suicide ideation, self-harm or who have been bereaved by suicide. Our ethos is rooted in compassion and care, and is designed to provide a safe, welcoming environment where you will be supported.

How does the therapy at Pieta work?

Following assessment, you will be assigned a therapist. The therapist will work with you to identify the areas where you might need extra support and help you to develop coping skills to manage difficult thoughts and feelings around suicide, self-harm or bereavement by suicide.

How long will it take?

The length of the therapy journey varies because everybody's needs are different. We offer up to 12 sessions to those experiencing suicide ideation and self-harm, and up to 20 for adults bereaved by suicide. Many people can and do finish therapy before then. The therapist will plan your sessions with you and will continually discuss and review your progress with you. If you require longer term support, or a different type of support or therapy, your therapist will work with you to identify services that will meet your needs and support you to access them.

How often are the appointments?

You will be offered one 50 minute session per week and sessions take place on the same day at the same time each week. If you need support between sessions, please call our 24/7 Helpline on 1800 247247 or alternatively we can provide a standalone safety support appointment (this will most likely be with a different therapist) called a Holdover which is a 30 minute session.

What if the appointment time offered doesn't suit?

We encourage everyone to avail of the appointments that are offered to them, and we can provide letters for employers, schools or colleges if required to support your attendance at treatment. We cannot facilitate requests for appointments to occur on specific days or times.

Cancelled or unattended appointments

We ask everyone availing of treatment to ensure they can attend the appointments offered to ensure they get the most from their treatment.

We understand that this is not always possible, and people may have other commitments.

Please notify your therapist if you know you will be away/unavailable and may not be able to attend one or two of your sessions. If you give us notice, we can reschedule your appointment and can do this twice without it impacting the number of sessions you can avail of.

If you do not notify us that you can't attend an appointment or give us less than 24 hours' notice that you can't attend, we will not be able to reschedule your appointment. This will result in the loss of a session of treatment.

If you don't attend a session and don't notify us your therapist may contact your ICE. This is a safety measure, and it is important that you are aware of this should you not attend an appointment.

If you do not attend sessions and we have been unable to contact you, we will assume you no longer require our service and will close your treatment. We will however make every effort to get in touch by text and by phone.

What if I want to stop?

You can end therapy at any time; however, we would encourage you to talk to your therapist about this and attend a closing session.

How much will it cost?

All therapy at Pieta is **free of charge.**

What happens when I finish?

Pieta will contact you after four weeks, we will email a link to a feedback survey for you to complete if you choose to. (Please see our consent form).

Should you require ongoing support following your time at Pieta, your therapist will offer assistance to ensure a smooth transition to any other agency if required.

Key Person Support

We provide this support service to adult family members or adult key persons in the client's life. Our aim is to provide them with the tools necessary to enable them to support the client through therapy. Please do not hesitate to ask a member of staff for further information.

If you require any further information in relation to any aspect of the service we provide at Pieta, please call our Therapy Services line or look at our website www.pieta.ie

THERAPY SERVICES: 0818 111 126

PIETA CRISIS HELPLINE: 1800 247 247

Text 'HELP' to 51444 (Standard message rates apply)