

## 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)



National Office for  
Suicide Prevention

The HSE **National Office for Suicide Prevention** (NOSP) Provides information and helpful supports on suicide and self-harm.

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

## YOUNG MINDS

**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)



**Healing Untold Grief Groups** provides information and support groups to adults who have lost a loved one to suicide. The services are provided by people who themselves have been bereaved by suicide.

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



The Irish Childhood  
Bereavement Network

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

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



Irish  
Hospice  
Foundation

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 Parents & Guardians

This leaflet tells you about our Child and Adolescent Service for young people under 18 years of age. It explains what we offer and how we work.

## 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)

If you would like to make a donation to support our services, please ask at reception or visit [www.pieta.ie](http://www.pieta.ie) for more information.

## About Pieta

We provide therapeutic support to children and adolescents who are:

- thinking about taking their own life,
- thinking about harming themselves, or
- affected by the death through suicide of someone close to them.

We offer compassion, care and a safe, welcoming place where each child and adolescent will be cared for.

## How do I access Pieta services for my child?

Please call 0818 111 126. We will ask you some questions about your child to make sure we are the right service to meet their needs. If we are the right service, we will arrange an appointment with a therapist. If your child's needs are more suited to another service, we will give you contact details for that service.

## What happens next?

If we are the right service to support your child, we will put your child on a waiting list for a first appointment. This first appointment is called an 'assessment'.

At the assessment, the therapist will first talk to you alone to gather some background details. They will ask about your child's medical history and their presenting condition. The therapist will then talk to your child alone.

After speaking with your child, the therapist will talk to you again and tell you if Pieta is the most suitable service for your child and share any suicide ideation risk.

This assessment may take place face-to-face at a Pieta centre or over a phone or video call. Your child's therapy will start as soon as there is a suitable therapist available.

We provide up to 12 counselling sessions with a qualified and experienced therapist. At Session 6,

the therapist will carry out a review to make sure we are still the best service to meet your child's needs.

## How does the therapy at Pieta work?

We focus on your child's strengths and on helping them to find solutions.

The therapist will help your child to work through the current issues that have led them to feel this way. They will listen without judgement to help your child feel safe. They will help your child to identify areas where they might need extra support.

The therapist will also help your child to develop coping skills to manage difficult thoughts and feelings around suicide, self-harm or the death by suicide of someone they know.

In Pieta, we recognise that children and adolescents have different ways of expressing themselves so we use both verbal and creative approaches in our therapy.

## How long will therapy take?

That varies as every child and adolescent is different. In general, we offer up to 12 intervention counselling sessions. However, for bereavement counselling, where your child has been affected by the death through suicide of someone close to them, we offer up to 20 sessions for 12-18-year-olds and up to 15 sessions for under 12s.

## How often are the appointments?

Your child will have one or two sessions a week depending on their needs.

If they need additional support between sessions, we will arrange a safety planning session (this is sometimes called a 'holdover' and may be with a different therapist). In this session, the therapist will help your child to make a safety plan. This plan outlines what your child needs to do to keep themselves safe until their next session with their

regular therapist. To arrange a safety planning session, call 0818 111 126.

## How do I prepare my child for therapy?

You know your child best so we would encourage you to try and create a calm and relaxing atmosphere around attending for initial assessment and subsequent therapy sessions. It is important that your child knows they are attending an assessment and why. To help prepare your child, we recommend that you read the Information for Children and Adolescents leaflet with them.

## What information will the therapist give me?

Your child's sessions are confidential to your child. The therapist will give you regular verbal updates over the course of your child's therapy. They will not tell you everything that has been discussed in a session but they will share important information about any risk identified so that you can support your child. We may also share other information with you with your child's consent.

If there are child protection concerns, we are obliged by law to report these to the relevant services or bodies. If this happens, we will tell you. You will find more information about this in the Confidentiality Agreement form you received. Your child's therapist will also explain it.

## How much will it cost?

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

## Will Pieta contact me after my child finishes therapy?

With your consent and your child's agreement, we will send a Feedback and Evaluation survey after four weeks. This survey helps us to improve and develop our service. Your child's feedback is important in helping us gain an insight into their time with Pieta.

## What if my child cannot attend or misses an appointment?

It is important that your child attends their appointments. If your child is unable to attend, or if they decide not to continue with their sessions, please let us know by calling 0818 111 126. We ask that you give at least 24 hours' notice so that we can offer the time to another child or adolescent in need.

We will send you a reminder by text of your child's upcoming appointments. Please note that you cannot contact us by text and we do not receive text responses.

If your child turns down four appointment dates and we do not hear from you, we will assume your child does not want to engage in therapy and we will close their file.

If your child misses two appointments in a row and we do not hear from you, we will send you a text to say that we will close their file and remove them from our waiting list if we do not hear from you within 48 hours.

## May I attend the sessions?

You must accompany your child to the Pieta centre and remain in the building if they are attending a face-to-face counselling session. However, you may not sit in on the sessions as these are confidential.

For video or phone therapy sessions, you must be at home (but not in the room your child is in) while your child is on their video or phone therapy session.

## Key Person Support

We provide a support service to a named family member or key person in the child's world who is over 18 years of age. The aim of the service is to provide ways to support the child through therapy. Please ask a member of staff for more information.