

# INSIDE HOPE.

Your **Pieta Supporter** Newsletter



*"We all try to make a difference where we can."*

Inside read about Charlie Bird's incredible 'Climb with Charlie' challenge.

You are part of the Pieta family, and it is full of the most extraordinary and inspirational people.

**Charlie Bird is one of them.**

When Charlie was diagnosed with motor neurone disease last year, he immediately decided to do something to help others. So, he set himself the challenge of hiking Croagh Patrick in support of Pieta's vital services and those living with motor neurone disease.

But he won't be doing it alone.

**Read more inside.**



## IN THIS ISSUE:

- Charlie Bird's 'Climb with Charlie'.
- Meet Pieta therapist Bernie Carroll.
- Top tips for your own mental health.
- Darkness Into Light is here.
- And much more ...



All the latest news, views, and inspirational stories of hope that you help to make possible.

# You can be a Light Against The Dark on May 7th.



It's time for Darkness Into Light, proudly supported by Electric Ireland. And this year, the light burns brighter than ever. After two years of being unable to gather in person, we're delighted to come together, once again, across Ireland and the world, to share this amazing sign of hope to all those affected by suicide and self-harm.

We hope you'll join us – and thousands all over the world – for one special sunrise on the morning of Saturday, May 7th.

As you may already know, taking part in a Darkness Into Light walk is one of the most moving and memorable experiences you can have.

It's a time when the real magic of this amazing Pieta community can be seen and felt by all.

There's still time to sign up for this year's Darkness Into Light, proudly supported by Electric Ireland. Just head over to [darknessintolight.ie](https://darknessintolight.ie).

## Do it your own way

Just like the last two years, you can take part in Darkness Into Light any way, and any place, you want. Whether that's gathering in your numbers at the nearest official Darkness Into Light event – or quietly sharing the sunrise with family and friends. Every walk, every run, every swim is a light against the dark.

The last two years have been especially difficult for those affected by suicide and self-harm. So we really hope you can join us this year and make it the best it can be.

Together, we will share the magic of community, hope and remembrance with friends and strangers alike. We'll walk into the sunrise. And together, all over the world, we'll be the light against the dark.



## Spread the light: Share your Darkness Into Light memories

Darkness Into Light is such a moving experience for everyone who takes part. We'd love you to share some of your Darkness Into Light photos and memories for us to feature in the next issue of INSIDE HOPE. Just email them to me at [donorcare@pieta.ie](mailto:donorcare@pieta.ie).

# You Are Pieta

Welcome to the very first issue of our newsletter. Over the coming months, we hope to continue to share with you all of the latest updates and news from the Pieta community – as well as sharing some of the inspiring stories of hope that you are helping to make possible every day. Thank you so much for the hope you bring and the lives you help to save.

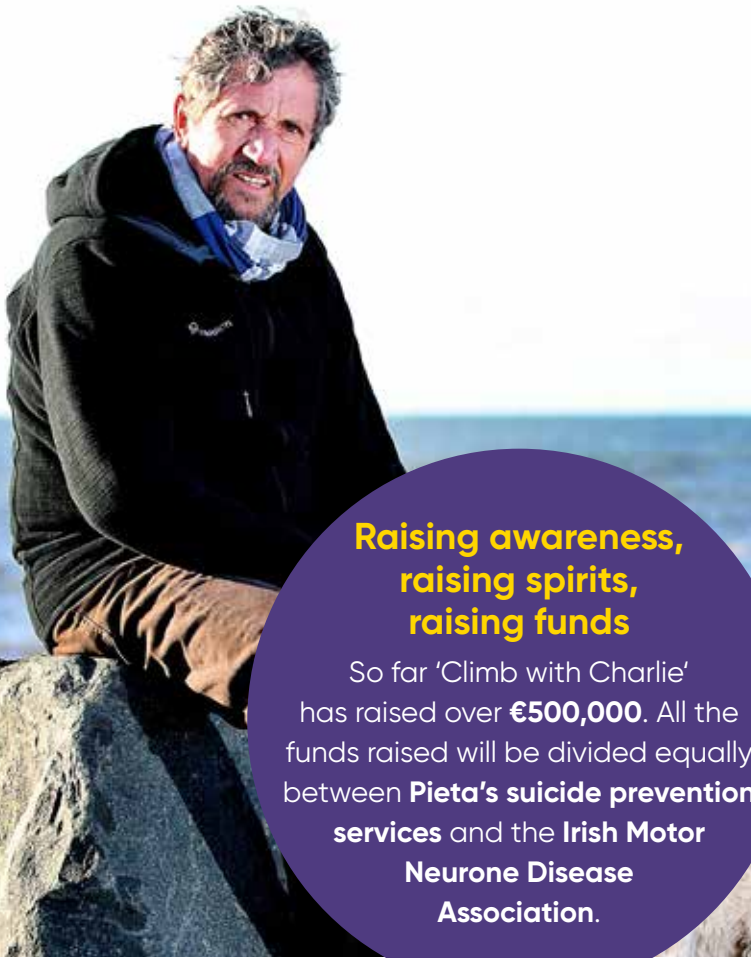


Wendy

Wendy Glennon  
Pieta Supporter Team

## A Mountain To Climb

As a long-time supporter of Pieta, Charlie knows exactly how important your support really is. A few weeks ago, he wrote this special note for you and we are honoured to be able to pass it on to you today.



**Raising awareness,  
raising spirits,  
raising funds**

So far 'Climb with Charlie' has raised over **€500,000**. All the funds raised will be divided equally between **Pieta's suicide prevention services** and the **Irish Motor Neurone Disease Association**.

"The counselling I got in Pieta changed my life. And that's all thanks to you and all the amazing people who donate to Pieta every day."

James- Pieta client

## Hello there,

As you can imagine, when I received my motor neurone disease diagnosis in October 2021, my family and I were devastated. I'd had the sense that something was wrong, but it still came as a shock and it's been heart-breaking for all of us.

As a family we've been overwhelmed by the support I've received from the general public. People's kindness and encouragement have been a huge source of strength.

I would like to use this outpouring of support to help other people who are suffering with a terminal illness, experiencing suicidal thoughts, engaging in self-harm or bereaved by suicide.

Like you, I have long been aware of the wonderful work of Pieta and I am proud to support them. That's why, once again, I'm so happy to have the opportunity to help raise awareness and funds for their extraordinary services.

As a fellow supporter of Pieta, I want to thank you for extending the hand of friendship to those who need it most. I truly appreciate your support of me, my family and our endeavours to try to make a difference where we can. Because that's what it's all about – making a difference when we can.

Thank you.

**CHARLIE**

# Your Mental Health

## Be kind to yourself

The last two years have been a difficult time in all of our lives. It's perfectly normal to feel anxious and nervous as you navigate your way through the next few months. Here are some simple self-care tips from Pieta therapist Sinead Raftery.

Sinead



### Stay connected

We have all become used to being apart. Don't let loneliness become a habit. Reach out to your friends and family. Be the one who makes the first call.

### Watch what you see and hear

Our diet isn't just what we eat. It's the books we read, the music we listen to, the programmes we watch and the conversations we have. So make sure you do something every day that makes you happy. And remember it's ok to turn off the news every now and then.

### Remember thoughts aren't facts

It's normal to have negative thoughts and feelings. But they are not facts. So, try to identify any of your negative thoughts or feelings and then let them pass.

### Get out in the air

Taking regular exercise is one of the best ways to care for your mental and physical health.



## The Power of Your Support

In 2021,  
thanks  
to you:

**6,780 people**  
were supported

**606 people**  
received bereavement support

**48,521**  
therapy hours were  
offered free of charge

**41,686**  
calls to the  
Crisis Helpline

**56,030**  
crisis texts  
received

# Inside Your Pieta Services



Thank you,  
Bernie.

## Listening with the heart

**Bernie Carroll takes us inside Pieta's bereavement services**

Meet Bernie Carroll, one of the amazing therapists who works in Pieta's Suicide Bereavement Liaison Service.

In the immediate aftermath of a loss to suicide, Bernie and her team work alongside first and second responders to provide families with the critical support they need at the worst moment of their lives.

*We can be contacted at any time after a loss, and there have been times I have been called within two days.*

*Our job is to offer emotional and practical support at a time when someone's world has been turned upside down.*

*Most of all, what we do is listen – listen with the ear of the heart. That's what brings change because it allows people the time and space they need to work through their grief.*

The Suicide Bereavement Liaison service offers up to ten free sessions. We can also link people in with Pieta's Bereavement Counselling Service, where they can avail of up to 30 free counselling sessions.

*The thing about grieving the loss of a loved one to suicide is*

*that it weighs really heavily on the person and grief becomes exhausting. Grief consumes you.*

The Suicide Bereavement Liaison Service can be accessed online, by phone, in person at a Pieta centre, or even within the comfort of the person's own home. This vital service is completely free of charge – just like all of the other Pieta services which you help to fund.

Bernie and her team have no doubt where the real power of Pieta comes from.

*Without the funding coming in from people who want to help, Pieta wouldn't be able to provide this service. It's phenomenal. The generosity of people ... it gives you hope.*

*And hope is our greatest strength.*

### Did you know?

Thanks to the kindness of people like you, Pieta offers a range of essential life saving services all completely free of charge.



- 24 Hour Crisis Helpline  
1800 247 247



- One-to-One Counselling  
- Bereavement Counselling  
- Immediate Bereavement Support



- Resilience Academy  
- Amber Flag



Bernie with Darkness Into Light organiser Sharon Murphy



## Hope for the Future

Pieta's Amber Flag initiative is just one of the many amazing services that you help to support.

The Amber Flag helps schools and communities increase awareness around mental health stigmas and promote healthy, inclusive environments to support mental well-being.

Thanks to the help of supporters like you, Pieta has been able to award more than one thousand flags to primary schools, secondary schools, third-level institutions, community groups and clubs all over Ireland.

### Did you know?

If you're a taxpayer in Ireland and have donated more than **€250 to Pieta in a single year**, you can help us claim an extra 45% on your donation – at no cost to you.

That could mean at least an extra €112 toward suicide prevention services. All you have to do is sign a CHY3 tax form. Kindness doesn't come much simpler than that.

This form is valid for five years and doesn't commit you to any future donations.

**To request your tax form, or if you'd like to learn more, simply go to [pieta.ie/tax-back](https://pieta.ie/tax-back) or call (01) 458 5490 and ask for Donor Care. Thank you!**



## Join us and help make hope shine

This year's Darkness Into Light, proudly supported by Electric Ireland, will take place on the morning of Saturday, **May 7th**.

### Sign up today at [darknessintolight.ie](https://darknessintolight.ie)

Remember, you can take part in Darkness Into Light in whatever way you like – you can join one of our organised walks across Ireland and the world, or you can 'Do It Your Own Way' with friends and family.

**The important thing is that every person that takes part has the power to be a light against the dark.**

**Donate online at [pieta.ie/hope](https://pieta.ie/hope) or by Freephone 1800 14 14 14 (24 hours a day, 7 days a week)\*. Or please return your donation form and gift, in the Freepost envelope provided.**