

INSIDE Hope.

Your **Pieta Supporter** Newsletter



Nora with Pieta supporter
Louise Cooney

***"Believe in
healing and
dare to Hope."***

Meet Pieta Therapist,
Nora Conway

At the centre of Pieta's services is the free, one-to-one professional counselling that Pieta offers to those affected by suicide or self-harm.

In this edition of *Inside Hope*, Nora Conway, Pieta Mid-West lead therapist, takes us inside the therapy room to explain what makes Pieta's counselling so unique and so effective.

"It's about helping to give people control back over their thoughts and emotions. We are the professionals but we're not the experts. The expert is the client. It's their journey, their story. And it's their inner resilience that will get them through."

ALSO IN THIS ISSUE:

- **Getting ready for Darkness Into Light**
- **Meet Therapist, Kathleen Bourke**
- **A recipe for Hope**
- **And much more**



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

Inside Pieta's One-to-One Counselling service.

Pieta's One-to-One therapy is designed specifically for people who are affected by suicide or self-harm. So the first step is to assess the person to make sure that Pieta is the right service for them.

Once that assessment is done you will be offered 12 free sessions with a fully qualified therapist who specialises in suicide, self-harm or bereavement.

The therapy is very practical and solution focused. We work to help you identify the triggers that are causing you to self-harm or have suicidal ideations and to identify the solutions that can be put in place to help you cope. It's about tapping into your own resilience. Because we all have huge resilience.

Over the course of the 12 weekly sessions clients move at their own pace.

As each session goes by, we get the person to actively assess their level of risk. We get them to number it on a scale of 1-10 so they can see the progress that they're making. It's all about empowering the client who feels powerless, helping them take control of thoughts and feelings.

The important thing to remember is that this service is here for everybody. Mental health problems are not just things that happen to other people. Because there are no other people. There is only us. So, please, reach out if you feel you need help.

Nora

If you need help right now call

Pieta's 24-hour Crisis Helpline 1800 247 247.

Or to arrange an appointment call 0818 111 126.

No referral is needed. Just pick up the phone and call.

Did You Know?

Almost 60% of people reaching out to Pieta are aged between 13 and 25.



Nora Conway,
Pieta lead therapist

MIND YOURSELF

Nora's Top Tips for protecting your mental health.

One of the keys to caring for your mental health is to try and keep a healthy balance across all areas of life. Here are some really useful tips.

- **TAKE UP A HOBBY** – it's a wonderful way of making sure you have joy in your life.
- **EXERCISE** – it's well known that cortisol and dopamine released during exercise can improve your mood.
- **KEEP A HEALTHY DIET** – avoid excessive amounts of sugar, caffeine or high energy drinks.
- **BREATHE** – inhale slowly for 5 seconds. Hold it for 3 seconds and release slowly for 7 seconds.
- **CONNECT** – reach out to family and friends. Try not to be alone too often.
- **BE GRATEFUL** – this is one of the most important steps. Take a moment to list all the things you are grateful for. It could be your family, the weather, or just a piece of music.



YOU are Pieta

You make everything that Pieta does possible. Without your love, kindness and generosity none of the incredible and lifesaving work that is done in Pieta centres across the country every day would be possible. That is the true story of Pieta.

Like everyone you can read about in this newsletter, you are part of an extraordinary community of fathers and mothers, brothers and sisters, friends, neighbours and strangers who come together every day to support each other and reach out to those who are in need. Thank you for being part of our amazing family.



Stephanie

Stephanie Manahan
Pieta CEO

LOUISE COONEY

Blogger & Entrepreneur, Louise Cooney, has been supporting Pieta since 2020 when she raised over €90k through an online fundraiser to help Pieta through the COVID-19 pandemic.

"Pieta play such a vital role in supporting our communities and offering support to those who need it. They also do an incredible job in educating people on mental health and signs of suicide. I'm proud to support Pieta however I can with my online platform."



JAMIE TOBIN

Arklow CBS Student Jamie Tobin wanted to raise awareness and vital funds for Pieta, so he created his own amazing *Positively Delicious Recipe Book* and raised an incredible €6,800. He also took away the runner-up prize at the Wicklow Student Enterprise Awards.

What matters most to you

A huge thank you to everyone who took part in Pieta's first ever Supporter Survey. Pieta only exists because you care as much as you do. Thanks so much for sharing your views and your voices.

Here are just some of the things you said.

31%
said you had lost
a loved one to suicide.

61%
said you support Pieta
because you want to
save lives by helping
to give people in crisis
the professional help
they need.

36%
said you feel the
most important
thing about Pieta's
services is that
they are available
to anyone.

"As much as my heart will forever be broken, it heals me every year."

Meet Darkness Into Light organiser, Fiona Corby

"We lost our brother James to suicide at the age of 23. Then I was approached by one of the founding members of the Cavan Darkness Into Light and asked to be an ambassador to help raise awareness. Oh my God it was beautiful. The sense of connection. It blew my mind."

Ever since then Fiona has been at the heart of the Cavan Darkness Into Light organising committee and has been chairperson for the last four years.

"We have a small committee of six people that are amazing. And we have a massive family of volunteers that help to make it all possible. All the local sports clubs and businesses get involved. Even the 5th and 6th class girls in the school where I work help out by making thousands of string lights to light the path on the Reflective Km part of the walk. It's stunning. "

Eleven years ago, 303 took part in the Cavan Darkness Into Light. Last year, there was over 3,000. And this year promises to be the biggest one yet.

"The number of people who take part each year is incredible. Their support, their love and their dedication means more than I can even describe. Thanks to them, Pieta can run all these vital services."

Darkness Into Light is such a special event. I love the community and the way it brings people together. It leaves you with this overwhelming sense of Hope. As much as my heart will forever be broken, it heals me every year."



Over 200,000 people take part in Darkness Into Light every year.

SAVE THE DATE

DARKNESS INTO LIGHT – 6TH MAY

This year's Darkness Into Light, proudly supported by Electric Ireland, will take place on 6th May 2023. We really Hope that you will be able to join thousands of people from all over Ireland and across the world to take part in this unique and magical event to help send a powerful message of Hope to those who need it most.

Registration for this year's Darkness Into Light will open very shortly at www.darknessintolight.ie



Meeting the rising need

Lead Pieta Therapist Kathleen Bourke explains how your support is helping Pieta meet the rising demand for specialised counselling.

"Right now, we have over 300 therapists, support staff and team members working in over 20 Pieta centres around the country. But we are constantly recruiting experienced therapists to meet the rising number of people seeking help. In fact, in the last year, Pieta's clinical team has increased by 33%.

Recently we have also seen a massive rise in the number of under 18s reaching out to Pieta for support. So, we are now putting a huge effort into recruiting more specialised Child and Adolescents therapists. None of that would be possible without the constant generosity of our amazing supporters."

But the power of your support is helping Pieta go even further. Once a therapist is qualified, they must still complete at least 450 hours of therapy before they become accredited and are able to work in Pieta as fully accredited therapists.

Pieta has developed a programme for pre-accredited therapists who are fully qualified and are working towards full accreditation. This offers new therapists a paid opportunity to complete the clinical hours they need with the support of a lead therapist to guide them through the process.

Pieta also provides every therapist with specialised training in suicide crisis intervention.

"Our goal is simple. To provide anyone in crisis with the best professional and specialised help available, completely free of charge."



Kathleen

Kathleen Bourke,
Lead Therapist



Pieta's therapy rooms are a private and safe space.



Want to join the Pieta team?

Thanks to the incredible support Pieta receives every day from people across the country, we are now looking to recruit **Fully Qualified Psychotherapists, Child and Adolescent Psychotherapists** and **Pre-Accredited Psychotherapists** to work in every region of the country.

This is a unique opportunity to further your career and be part of an extraordinary movement that is seeking to change the face of suicide and self-harm in Ireland.

To find out more about how you can be part of Pieta's ground breaking team go to pieta.ie/careers or email recruitment@pieta.ie

Ready Steady Hope

Special thanks to everyone who took part in our **Jog 28 Miles** February Facebook Challenge.

Every step taken is bringing Hope to those who need it most.

The Hope you bring

Demand for Pieta's vital services increases every year. But so does the incredible support and generosity of people like you. Here is the difference you made in the last year.

48,000 hours of free counselling provided



6,700 clients given one-to-one therapy



100,000 calls and texts to
Pieta's 24-hour Crisis Helpline



600 households supported after
they were bereaved by suicide



Thank you

Thank you to everyone who donated to our Christmas appeal. Christmas is such an important time for Pieta. This Christmas, we saw a significant increase in the number of calls to the 24 Hour Crisis Helpline. Your generosity helped our therapists answer those calls.

What a wonderful gift to give.

Making your kindness go even further

If, like so many of our amazing supporters, you are a taxpayer and have given €250 or more to Pieta in the course of a calendar year, your donation(s) can be worth 45% more at no extra cost to you.

All you need to do is complete a CHY3 tax form which is valid for five years and doesn't commit you to make any future donations.

To get your form or find out more just email donorcare@pieta.ie or phone **(01) 458 5490**. Thank you!

Donate online at 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.