



MIND OUR MEN

SPOT THE SIGNS - SAVE A LIFE
TOGETHER WE CAN HELP REDUCE THE RATE OF MALE SUICIDE

SLEEP DISTURBANCE

ISOLATION

GIVING AWAY POSSESSIONS

NO INTEREST IN ANYTHING

SPEAKING OF NO FUTURE

of suicide



www.pieta.ie

www.mindourmen.ie

01 6010000 (Dublin) 061 484444 (Limerick) 0505 22568 (Tipperary) 093 25586 (Galway) 021 4341400 (Cork)

Pieta House

Suicide Crisis Centre
Self Harm Crisis Centre

Information for Clients and their families

www.pieta.ie



Feeling Suicidal?



You are not the first person to feel suicidal. Everyone at some time in their life can feel suicidal. But you must realise that you do not want to die – you just want to stop the feelings and the pain.

It is important to be aware that these negative feelings and pain are only temporary. Often they come and go, but in some cases we allow ourselves to brood on them. The good news is that with the help of Pieta House, your family and your friends, you can move on from suicidal thoughts to wonderful thoughts of life.

There are three areas of your life that we will look at:

Your Physical Self –

Are you eating healthily?
Are you sleeping well?
And are you physically active?

Your Emotional Self –

Are you in a significant relationship or have you just finished one?
Do you have a network of support from family and friends?
Are you known or involved in your community?

Your Fulfilled Self –

Are you unemployed?
Are you in a job that you hate or gives you no satisfaction?
Is there purpose to your day?
Are you challenged or stretched?
Do you give back to your community?

Usually, when none of these needs are being met, it is common to feel suicidal.

How does therapy work in Pieta?

Sometimes we can feel down due to weather, tiredness, after an illness, or we can react to something that is happening in our life. Once we can identify what is making us feel down then we can do something about it or talk about it to someone.

First of all, the Client comes in for an assessment and assigned to a Therapist most suited to their needs. Thus begins an intensive input of therapy.

The counsellor starts by building up a rapport and a relationship with the Client and encourages the person to attend our Centre frequently. All sessions are run on a one-to-one basis. During the next four to six weeks the Client will work closely with the Therapist who will endeavour to lift the suicidal ideation, remove negative despairing thoughts and exchange reasons for dying with reasons for living.

There is no need for a psychiatric referral or a note from your GP - just ring the number at the back of this flier to make an appointment. We pride ourselves on our waiting time - we will see that you get an appointment as soon as possible.

Information for Families

Something you have seen or heard in this person is causing you to be concerned. They might have isolated themselves, their personality might have changed insofar as they have become more withdrawn, or their performance in school or work has changed. They might have talked about death.

Don't be afraid to ask "Are you suicidal?" They will either say yes or no, and actually, we have discovered at Pieta House that people are relieved that they are asked this question. At last it's out in the open - they can share their fears.

It is understandable that you might feel great fear and not know what to do next. Involving family and friends is crucial as this person needs an Army of Support for the next while. It is too heavy a burden for one person to carry alone.

Family Support

The family is our home link with the distressed individual – we see the family as the most important part of ongoing therapy. They are at the frontline of their loved one's distress.

The family needs to be educated firstly so that they can help, but also to remove their own fear. We have found that family members become paralysed with fear when they discover that their loved one is suffering from severe depression and suicidal ideation. By teaching them and explaining to them about depression, we aim to demystify the problem and empower them to help.

The family also needs ongoing support and help. As a result, if it is wanted, the family will be assigned to a Support Therapist. They will provide support on a weekly basis and be available by telephone on a daily basis during the entire time of the client's recovery.

Availing of Family Therapy in Pieta House is also **COMPLETELY FREE OF CHARGE.**

How much does therapy cost?

Therapy in Pieta House is COMPLETELY FREE OF CHARGE – simply phone your nearest branch for an appointment.

You can donate at any branch or online at www.pieta.ie

If you would like to hold a fundraising event please contact:

Dublin: Marie Peelo at 01 6282111

Or email: mariepeelo@pieta.ie

Limerick: Kieran O'Brien at 061 484444

Or email: kieranobrien@pieta.ie



Get in
touch



To arrange an appointment or for more information please contact us on mary@pieta.ie

Dublin Centres:

Pieta House

Lucan Road, Lucan,
Co. Dublin
T: 01- 6010000

Pieta House Ballyfermot

Canon Troy House,
Chapelizod Hill Road,
Dublin 10
T: 01- 6235606

Pieta House Finglas

2 Grove Road, Finglas,
Dublin 11.
T: 01 - 8140774

Outreach Centre Tallaght

Mount La Salle, Ballyfermot
Road, Ballyfermot, Dublin 10
T: 01 - 6200020

Pieta House West

Bishop Street, Tuam,
Co. Galway. T: 093 25586

Pieta House Cork

Highfield Lawn, Model Farm
Road, Bishopstown,
Co. Cork
T: 021 4341400

Pieta Mid-West

Ardaulin, Mungret,
Co. Limerick.
T: 061- 484444

Pieta Roscrea

Glebe View, Ballyhall,
Roscrea, Co. Tipperary
T: 0505 22568

Pieta House Kerry

Crageens, Castleisland,
Co Kerry. T: 066 7163660

Please check our
website for centre
opening times:
www.pieta.ie.



Pieta is a registered charity: CHY 16913