



Ending Suicide. Beginning Hope.

If you are in suicidal distress, self-harming or have been bereaved by suicide, talk to us today.

Pieta is free of charge and available nationwide in person, online and over the phone.

Visit [pieta.ie](https://www.pieta.ie) today.

About Pieta



Pieta first opened its doors in Lucan, County Dublin in 2006. Since then, we have been providing free counselling to those with suicidal ideation, those engaging in self-harm, and those bereaved by suicide. Staff are fully qualified and provide a professional one-to-one therapeutic service throughout Ireland.

How can Pieta help?

Are you in Suicidal Distress or Engaging in Self-harm?

You might not want to tell anyone that you are feeling suicidal because you're worried they will be shocked or might not understand. We know the scariest part can be picking up the phone but we are here to help.

Have you been bereaved by Suicide?

Pieta provides free counselling to adolescents and individuals who have been bereaved by suicide. We aim is to provide a personal, flexible bereavement service which meets the needs of our clients.

Pieta provides free therapy nationwide in person, by phone and online. Visit [pieta.ie](https://www.pieta.ie) to find out more.

Start your
therapy journey
today

Call **0818 111 126**

In crisis?

Freephone **1800 247 247**

Text **HELP** to **51444***

*Standard text msg rates apply