

HOW MUCH DOES THERAPY COST?

Therapy at 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.pietahouse.org

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

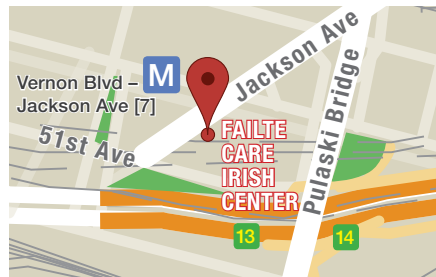
Rebecca Skedd
00171 8482 0001
rebecca.skedd@pietahouse.org



GET IN TOUCH

To arrange an appointment or for more information please contact:

Pieta House, Inc
The New York Irish Center
1040 Jackson Avenue
Long Island City
NY 11101
718 482 0001
mary@pietahouse.org



Subway – Line No. 7
One stop from Grand Central

Bus Route Q103
Stops on Vernon Boulevard

Please check our website for centre opening times:



Pieta House is a registered charity: 47-2629761

INFORMATION FOR CLIENTS & THEIR FAMILIES



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 positive thoughts of living.

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 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?

HOW DOES THERAPY WORK AT 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. However, if these low feelings continue and suicidal thoughts appear we can help you identify what is making you feel this way and then we can do something about it.

When someone comes to Pieta House, the client first of all comes in for an assessment and is then 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 flyer 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 support in Pieta House is also completely free of charge.