



Darkness into Light

Starting while it's dark and finishing just as dawn is breaking, this beautiful symbolic event gives hope to those affected by suicide and self-harm.

Please join us for this 5K walk or run.

- When:** Saturday May 12th 2012
Time: 4.00 am (early morning)
Where: Cavan, Clare, Cork, Dublin, Galway, Kildare, Killarney, Laois, Limerick, Mayo, Roscommon, Tipperary, Waterford, Wicklow

Exact route details available on our website

Entry Fee: Adult - €25, Student/OPS €15
Children under 12 go free, but must be with an adult.

Dogs are welcome but must be on a leash, please remember to scoop your poop.

Register online at: dil.pieta.ie

Register by post: complete the form attached and send to address below.

Pieta House, Lucan Road, Lucan,
Co. Dublin. 01-6010000

Pieta Mid-West, Ardaulin, Mungret,
Co. Limerick. 061-484444

**Need Help with DIL... give us a call
we will be happy to help you**

www.pieta.ie CHY16913



PIETA HOUSE

**Suicide Crisis Centre,
Self-harm Crisis Centre**

Dublin Centres:

Lucan Road, Lucan: 01 6010000

Pieta Ballyfermot: 01 6200020

Pieta Finglas: 01 8648899

Pieta Tallaght: 01 6010000

Mid-West Centre: Pieta Mid West,
Ardaulin, Mungret, Limerick 061 484444

Darkness into Light 5Km walk/run

Saturday 12th May

Sign up for the experience!

For more information check out our website
dil.pieta.ie /www.pieta.ie

What happened before Pieta House?

- Go to a GP or A&E
- Stigma & Ignorance resulted in avoidance of help
- Approximately 60,000 people attempt suicide and do not visit A&E or other health service agencies (NSRF)
- Those that go to A&E often leave before being seen
- Most people DO NOT have any psychiatric issues or history
- Most people are reacting to a life event

Pieta House Timeline

- Three years of research
- Pieta House in Lucan opened its doors in January 2006
- Five staff were initially employed
- Two Outreach Centres opened in Tallaght and Finglas in 2008
- New Centre opened in Limerick 2010
- New Centre opened in Ballyfermot 2011
- Over 60 Staff now employed
- Over 4,000 people have been helped

- Our vision is to stop suicide in Ireland.
- Our vision is to stop people communicating distress through self-harm.

**AND The good news is...
Now there's somewhere
to go**

Benefits of the Pieta House Service

- Suicide and Self Harm Crisis Centre
- One to one counselling - intensive and consistent
- Compassionate & Client centred
- No need for referral letter from GP of Psychiatrist, Clients can self-refer
- Therapy can be provided several times per week and then gradually reduced as the client's crisis period passes.
- Support for the Families of our Clients
- Service is completely **FREE OF CHARGE**
- **HOWEVER** 80% of our income is received from our own fundraising initiatives, voluntary donations and philanthropic grant aid

Darkness Into Light is our main fundraising event, invest in Pieta House and help us to **Save Lives**

Darkness Into Light Sign up for the experience!

Pieta House

Lucan Road, Lucan, Co. Dublin
T: 01 601 0000

Pieta Mid-West Centre

Ardaulin, Mungret, Limerick.
T: 061 484 444

www.pieta.ie and darknessintolight.pieta.ie

Darkness into Light Registration Form

Name:

Address:

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Mobile:

Email:

Venue:

Fee Enclosed: €25 Adult

€15 OAP/Jobseeker/Student

Registration includes Darkness into Light T-Shirt

T-SHIRT SIZE: S M L XL

