

Inistioge DIL Organising Committees
Inistioge
Co Kilkenny

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August 2022

Dear Friends,

On behalf of our clients and everyone in Pieta, I would like to thank you sincerely for your very kind and wonderful support in helping us to continue our lifesaving work and for bringing Darkness into Light to Inistioge every year. I hope it brings a feeling of solidarity and hope to everyone affected by suicide and self-harm in your community.

We gratefully acknowledge your very generous donation of €7009.29 received after your 2022 Darkness into Light walk. Your support allows us to sustain our service which provides one to one counselling for people who are suicidal and people engaging in self-harming behaviours. Pieta also provides a 24-hour Freephone Crisis Helpline and Text service and our Suicide Bereavement Liaison Officers (SBLO's) provide therapy and support to families who have been bereaved by suicide.

Our services remain free of charge, thanks to your very thoughtful support.

80% of Pieta's income is received through fundraisers and donations, support from people like you is vital to us. You make our life-saving counselling services possible. Through your kindness and generosity, you are ensuring that we can continue helping those in crisis.

Warm Regards,



Sinéad Ronan Wells,
Campaigns Events Officer

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P.S. If you or anyone you know are in suicidal distress, self-harming, or have been bereaved by suicide and would like support, please contact our 24/7 freephone helpline on 1800 247 247 or by texting HELP to 51444.