

Pieta: 24-Hour Crisis Helpline & Text Service **(<https://www.activelink.ie/node/112515>)**



Call 1800 247 247 (tel:1800247247)

The Pieta Crisis Helpline offers [crisis intervention support \(https://www.pieta.ie/how-we-can-help/helpline\)](https://www.pieta.ie/how-we-can-help/helpline) to anyone experiencing [suicidal thoughts \(https://www.pieta.ie/how-we-can-help/therapy-services/therapy-for-thoughts-of-suicide\)](https://www.pieta.ie/how-we-can-help/therapy-services/therapy-for-thoughts-of-suicide) or [engaging in self-harm \(https://www.pieta.ie/how-we-can-help/therapy-services/therapy-for-thoughts-of-self-harm\)](https://www.pieta.ie/how-we-can-help/therapy-services/therapy-for-thoughts-of-self-harm) and also supports those [bereaved through suicide \(https://www.pieta.ie/how-we-can-help/bereavement-support/suicide-bereavement-therapy\)](https://www.pieta.ie/how-we-can-help/bereavement-support/suicide-bereavement-therapy).

Our Therapists will also provide support, information, and psychoeducation for those supporting loved ones in crisis.

The service is available 24 hours a day, 365 days a year and is accessible from anywhere in the Republic of Ireland. This ensures anyone in crisis, including those in isolated areas or difficult circumstances, can access free therapeutic support any time of the day or night.

The Crisis Helpline is operated by qualified and experienced therapists, supporting service users through phone and text-based intervention with warmth, compassion, and hope.

Our Helpline therapists are the holders of hope for callers in crisis supporting callers in a time of distress within a non-judgemental and confidential space to explore their thoughts and feelings at their own pace.

If you are in crisis and need to speak to a therapist – reach out today by calling [1800 247 247 \(tel:1800247247\)](tel:1800247247) or texting 'HELP' to [51444 \(51444\)](tel:51444) (standard text msg rates apply) – **we are here for you.**

24-Hour Crisis Helpline & Text Service (<https://www.pieta.ie/how-we-can-help/helpline/>)

Region

Nationwide

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