



## Pieta House & ICA Information leaflet



### MESSAGE FROM ICA & PIETA HOUSE

Two thirds of people who died by suicide had expressed suicidal thoughts to family and friends before they died. Studies have shown that more suicides are prevented by family, friends and colleagues than by professional institutions however, together we can make a huge impact. Some ICA volunteers have given up their time to train with Pieta House in suicide prevention by being able to spot the signs of suicidal behavior in order to save a life. Reducing the stigma associated with suicide and mental illness is a priority of my presidency and together we can educate our Guild members and our families to spot the signs and save a life. Knowledge is power, and for anyone experiencing suicidal thoughts, it is vital that they know that help is out there. The high rate of suicide particularly among men in rural areas is the drive behind the ICA's involvement in working together with Pieta house training our members to "Mind Ur Buddy."

I call on all ICA members to learn to spot the signs of suicidal behavior and take responsibility to reduce the number of suicides in Ireland. If you have a concerns about a family member or a friend or if you are feeling suicidal yourself, please contact one of our trained ICA or Pieta House directly. This is such a simple idea but has the potential to be hugely impactful.

## BUDDY LIST

<b>Anna Rose McCormack</b>	Cavan	<b>086 4090754</b>
<b>June Lawless</b>	Dublin	<b>087 7973537</b>
<b>Angela Dooley</b>	Galway	<b>087 6816435</b>
<b>Mary MacNamara</b>	Kildare	<b>087 6555117</b>
<b>Ann Bolger</b>	Kilkenny	<b>087 6507748</b>
<b>Liz Dermody</b>	Kilkenny	<b>087 9120667</b>
<b>Bernadette McLoughlin</b>	Leitrim	<b>087 2174527</b>
<b>Ann Devlin</b>	Longford	<b>087 9248816</b>
<b>Mary O'Boyle</b>	Mayo	<b>087 6497650</b>
<b>Mary Harkin</b>	Sligo	<b>086 3755894</b>
<b>Maureen Quigley</b>	Wicklow	<b>086 1045713</b>

## WHY MIGHT SOMEONE BE SUICIDAL & SIGNS THEY'RE IN DISTRESS

### Anything concerning their family or livelihood

- The loss or lack of a significant relationship
- Immigration, rural isolation and lack of access to supports
- Financial difficulties
- Impending retirement, or caring for dependant relatives
- Family conflict or addiction issues

### SIGNS

- **Isolating themselves**  
Withdrawing from social situations and being less communicative
- **Turning off their mobile phone, not receiving visits from neighbours**
- **Absenteeism and lack of interest in work**
- **Emotional outbursts**  
Either angry or tearful
- **Possible increase in alcohol or drug use**
- **Behavioural changes**  
Change in sleep patterns, loss of appetite, change in self-care or hygiene behaviour
- **Becoming lethargic and emotionally withdrawn**
- **Becoming accident prone or continuously distracted**
- **And more importantly, It's the language that they use that is most telling.....**
  - “I have no future”
  - “I see no light at the end of the tunnel”
  - “My family would be better off without me ”
  - “I wish I could go to sleep and never wake up”
  - “What's the point in anything?”

The stigma of suicide is still very strong, the subject is often brushed under the carpet and the majority of families truly believe that this tragedy will not come to their door. If you think that someone close to you is showing signs of distress the best thing you can do is ask them:

**“Are you feeling suicidal?”**

Some people may find this question too difficult to ask, so you could also say:

**“You haven’t been yourself lately. What’s wrong?”**

**“I know you’ve been down lately. How are you feeling today?”**

Even if they are not feeling suicidal, something is bothering them, so it is a good opportunity to encourage them to open up. If they do admit to having suicidal thoughts, then don’t panic, and follow these steps.

### **1 — Take them seriously**

This is not attention seeking – he/she wants to stop the pain that’s making their life unbearable at the moment. Honour their trust by showing them kindness and compassion. Reassure them that you’ll get the help they need.

### **2 — Take action**

Contact one of the ICA Buddies or your nearest Pieta House and an appointment will be made swiftly.

### **3 — Create a support network**

Do not keep this information to yourself. We are aware that pride and privacy are so important to you, but share your concerns with other family members. This way you can all be supportive and vigilant. Or there might be someone in your community such as the clergy or local doctor that you might trust with your worries.

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EEING NO FUTURE

*of suicide*

**SPOT THE SIGNS**  
**SAVE A LIFE**

Pieta  House

[www.pieta.ie](http://www.pieta.ie)