

pieta

go Amber



Why do Pieta need your support?

In 2022 Pieta delivered over 50,000 hours of intervention and bereavement counselling. We received almost 100,000 crisis support calls and texts through our 24 freephone helpline and we directly supported over 700 households devastated by the loss of a loved one by suicide.

Hope is something we strive to give each person who comes to us in their time of need. *We help them feel more hopeful about the future* as we continue to tackle the grave issue of suicide and self-harm in Ireland.

We're passionate about our life-saving work. **As over 80% of our income comes from fundraising events**, we rely heavily on the support and encouragement of our volunteers and friends of Pieta.

Everything is free of charge and our staff are fully qualified, providing a professional one-to-one therapeutic service for people who are experiencing suicidal ideation, people who have attempted suicide and people who are engaging in self-harm. A doctor's referral or a psychiatric report is not required.

Top Tips for Online Fundraising

Online Fundraising

- Online fundraising is a great way to maximize your fundraising efforts.
- Statistics show that 54% of donors worldwide prefer to give online.
- It allows you to keep your family, friends and colleagues, informed about your fundraiser and makes it easy for them to support you no matter where they are in the world.

Personalisation

- Personalise your fundraising page
- Let everyone know why you are fundraising for Pieta and why it is important to you. Make sure you to let your supporters know why you got involved.
- Pro Tip! Upload a profile picture.
 - People who post a profile picture raise up to 10 times more! It can be a group photo, company logo or even your school crest.

Stick to the facts

- Figures and statistics about Pieta can be powerful motivators for people to donate to your fundraiser. Educate yourself and people in your network about the facts and what they can do to help. You can find the latest statistics in Ireland on the Pieta website.
- Share, share and share again!
 - Why? Because research shows the number one reason people donate is because they were asked! Share your fundraising page far and wide so your supporters can donate and support you!

Sending your donations to Pieta

Donate Online

You can donate directly on goamber.ie.

Or you can set up your own fundraising page on goamber.ie and share with your network!

Cash/Cheques

You can send in your donation to our office at the address below.

Please be sure to make all cheques payable to:

**Pieta, First Floor, Greenhills Retail Park
Greenhills Road, Tallaght Dublin 24 D24 RH59**

Bank Transfer

You can make the donation directly to our bank account using the details below. Please contact, goamber@pieta.ie for further information.

Please make sure to add your name/details when transferring donations and reference 'Go Amber'.

Thank You!

The Pieta team are here to help. If you have any questions, please feel contact us.

Telephone: 01 4585490
Website: www.goamber.ie
Email: goamber@pieta.ie

Together, we can create a world where suicide, self-harm and stigma have been replaced by hope, self-care and acceptance.