

Received 3rd June 2022

Thank you from Pieta

Dear county and city council members,

The Pieta team, along with the Darkness Into Lights committees, would like to extend our sincere thanks to everyone in the local county and city councils in helping them ensure that the Darkness Into Light 2022 walks hosted across the country on the morning of May 7th 2022 were a great success and all adhered to the regulations required.? We very much appreciate all you do to help us in making the events as safe and successful as they were.

After the two year break, incredibly almost 120,000 people across 14 different countries came together to walk from Darkness Into Light, proudly supported by Electric Ireland.? In doing so, they helped raise over €3.8 million – funds vital to support the organisation’s free counselling against a backdrop of a 20%.

rise in demand for services so far this year. More than 80% of Pieta’s funding comes from public donations and the generosity and support of everyone who signed up or donated means that Pieta’s free crisis helpline and counselling can continue to support people struggling with self-harm or suicidal thoughts. Pieta employs more than 200 qualified therapists and support staff across 20 centres nationally, and their services are free to anyone who needs them. With over 90,000 calls and texts placed to Pieta’s crisis line in 2021, Darkness Into Light is vital to ensure this service remains freely available to everyone 24/7.

We know that a number of staff from many of the councils also participated in these events as well as volunteered their own time to assist the local communities, thank you for that. We look forward to working with you all in 2023.

Pieta operates a free 24hr suicide helpline 1800 247 247 and a 24-hr. text service - Text HELP to 51444.

The Darkness Into Light Team

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