



PIPS

Planting The Seeds of Hope

If you or anyone else
you know are in suicidal
crises please contact:

LIFELINE: 0808 808 8000

PIPS: 028 90 805 850

*Suicide is Everyone's Business,
Thank You for Making it Yours*

PIPS

Unit 34 / North City Business Centre
2 Duncairn Gardens / Belfast / BT15 2GG

028 90 805 850 / info@pipsprogrammes.com

www.pips929.com

www.pipsprogrammes.com



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Planting The Seeds of Hope



“ To save lives
through reducing
suicides by delivering
training in suicide
prevention and
providing support
to those in
suicidal crises ”

PIPS MISSION

www.pips929.com

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PIPS WAS ESTABLISHED IN 2003 BY FAMILIES WHO HAD LOST A LOVED ONE TO SUICIDE.

OUR MISSION IS TO REDUCE THE NUMBER OF PEOPLE DYING BY SUICIDE THROUGH THE PROVISION OF CRISIS INTERVENTION SUPPORT AND THE TRAINING OF THE GENERAL PUBLIC IN SUICIDE PREVENTION SKILLS.

THE DELIVERY OF OUR CRISIS SUPPORT IS FUNDED FULLY THROUGH YOUR GENEROUS DONATIONS.

PIPS BELFAST

We provide a crisis support service for those at risk of suicide, their families and friends. You can telephone or drop in to talk to our Care Team; who will ensure you receive the help that you need. They will de-escalate a crisis, help develop a plan to keep you or your loved one safe, and organise counselling or other support as necessary. They will continue to support you after the initial crisis is past to ensure you really do get the help you need.

PIPS PROGRAMMES

We deliver accredited suicide prevention training at a regional level. We teach people to recognise the signs that someone is at risk of suicide and how to get them the help that they need. Research shows that the vast majority of suicidal people given the right support will move away from danger. Prevention through education is a key way to reduce suicides in our communities.

PIPS FAMILIES

PIPS Families is a self-help group of people who have lost a loved one to suicide. Each year our members organise events to remember our loved ones, for example, Out of the Darkness Walk, Christmas Tree of Lights and Light up the Sky, amongst others.

WILL YOU HELP PIPS SAVE LIVES?

All money received through donations goes directly to provide support to those at risk of suicide.

YOU CAN HELP PIPS BY:

- Donate your spare cash into our PIPS Collection Boxes
- Buy one of our PIPS badges to show your support
- Donate online by visiting **www.pipsprogrammes.com** or **www.pips929.com** and clicking the link to Virgin Money Giving
- Organise a fundraising event for us. Give us a call on **028 90 805 850** to discuss your ideas.
- Become a PIPS volunteer! We have lots of opportunities for enthusiastic people who want to make a difference. Send us your details to **info@pipsprogrammes.com**
- Complete one of our training programmes and learn how to save someone's life. Visit our website **www.pipsprogrammes.com** and book yourself on – all our programmes are free!!
- Follow us on facebook.
Please like our facebook page on **<http://www.facebook.com/pipsprogrammes>**

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