
Accounting technicians donate €20k to aid Pieta House Covid-19 response

[Accounting Technicians Ireland](#) (ATI) has donated €20,000 to support [Pieta House](#) in the charity's work to highlight the psychological challenges of the fight against Covid-19.

Although ATI's Annual Charity Lunch scheduled for April 24 has been cancelled, its nominated charity, Pieta House, will not be at a loss as ATI has committed €20,000 to help support people in distress.

Gillian Doherty, chief operations officer with ATI, said the Institute had made the donation on behalf of its community of 10,000 members and students to support mental health services in these unprecedented times.

"We as human beings are not always aware of our capacity for personal resilience and in these uncertain times, we may need additional support.

"With the help of the frontline staff of Pieta House, we can avail of their experience and expertise in recovering wellness," Doherty said.

Mind your psychological health

ATI's President and Grant Thornton Partner Sinead Donovan said support for Pieta House is now more important than ever as people's psychological health comes into focus as a result of the restrictions on daily life.

"The core theme of our Annual Charity Lunch was to have been wellness, with a particular emphasis on mental health," Donovan.

"Charities like Pieta House require strong support at this time as people's psychological wellbeing comes into focus given the restrictions on daily life."

Pieta House, which has recently postponed its Annual Darkness Into Light walk, welcomed the donation.

“This is a particularly challenging time as we respond to the challenge of coronavirus, during which we will make our life-saving counselling support available by phone,” said Pieta House CEO Elaine Austin.

Leading occupational psychologist Paul Marsden, who works with ATI, urged people to be careful to mind themselves at this vital time.

“It is important to take care of mind and body by making sure we exercise, sleep well, keep in touch with relatives and friends, establish a routine, take a break from news and social media and watch what we eat,” he said.

For those in difficulty, Pieta House can be contacted free at 1800 247 246 or by texting HELP to 51444.

Pictured at top: Elaine Austin, CEO, Pieta House

Written by [John Kennedy](mailto:john.kennedy3@boi.com) (john.kennedy3@boi.com)

Published: 27 March, 2020