

Free Suicide Bereavement Service Launched in Kildare **(<https://www.activelink.ie/node/109177>)**



HUGG is the national suicide bereavement charity dedicated to supporting adults bereaved by suicide in the Republic of Ireland. The HUGG vision is that anyone bereaved by suicide can find hope and healing. HUGG provides information, telephone support, events and suicide bereavement support groups.

For every person who dies by suicide, up to 135 people are affected. For many people, a level of support outside of family and friends is needed. With an average of 500 suicides in Ireland each year, this equates to 60,000 people affected by suicide who may need support.

HUGG is launching its 18th support group in Naas, Co. Kildare. The group will take place monthly on Tuesday evenings. 7.30pm to 9.30pm.

Commenting on the launch of HUGG Kildare, Marie McKeon, HUGG Groups Manager said, *HUGG is a member of the Kildare Bereavement Network, which along with our own efforts has enabled us to participate in several bereavement awareness and mental health events in Kildare. From our work with local services, we recognise that there is a real need for a dedicated suicide bereavement support group in Kildare. The HUGG Kildare support group will be based in Naas, ideally located to serve the local community and the wider surrounding towns and villages including those living in Athy, Newbridge, Monasterevin, Clane, Celbridge, Maynooth, and Leixlip. Also, we hope the addition of HUGG Kildare will benefit those living within West Wicklow including Blessington, Dunlavin and Baltinglass*".

Maurice Higgins, reflecting on why he trained as a HUGG Support Group volunteer stated, *"I am privileged to be involved in establishing a HUGG support group for Co Kildare. HUGG provided me with a secure and safe sanctuary to talk about my own grief journey in the presence of people who understood and who are on a similar journey. Life is totally changed forever following the death of a loved one by suicide. However, being with and talking with individuals who have shared similar experiences can bring hope and healing to an individual on their grief journey."*

Fiona Tuomey, HUGG Founder and CEO, added *'After a death by suicide those left behind often carry unanswered questions, stigma, self-isolation and blame, in addition to the trauma of losing their loved one. Connecting and being among others who understand this grief can be lifesaving'*.

"We would like to acknowledge the support from organisations within the Kildare Bereavement Network and the efforts which have taken place locally to raise awareness of HUGG. We are pleased to announce HUGG Kildare is now available to offer free support to any adult bereaved by suicide, regardless of the length of time since the death occurred, the relationship the person had to the person who died by suicide, or the circumstances of the death. HUGG Support Groups have brought so many comfort and hope. We encourage others to reach out for support."

To register your interest to join a HUGG Group simply complete the form www.hugg.ie (<http://www.hugg.ie>) and a member of the HUGG team will be in touch. Or you can email support@hugg.ie (<mailto:support@hugg.ie>) or call 01 513 4048 (tel:015134048) (monitored answering machine).

HUGG is a registered charity which relies on public donations to help fund our operations and volunteers to deliver our services, which are free of charge. You can support HUGG by donating online at www.hugg.ie (<http://www.hugg.ie>) or by becoming a volunteer, to learn more contact volunteer@hugg.ie (<mailto:volunteer@hugg.ie>).



(<https://www.hugg.ie/>)

Region

Co Kildare

More Information (<https://www.hugg.ie/>)

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