

## **Free Suicide Bereavement Support Service Launched in Kerry** **(<https://www.activelink.ie/node/111993>)**



### **We have launched a dedicated suicide bereavement support group in Tralee, Co. Kerry.**

Bereavement by suicide shares characteristics with other bereavements but it is also different. In addition to grieving the loss of a loved one, suicide leaves many with heavy invisible burdens to carry including unanswered questions and feelings of regret, self-blame, guilt, shame, stigma, and more. **Suicide grief can feel extremely isolating.** Being among others who understand this grief can bring comfort, hope and in time healing; for some it can be lifesaving.

All HUGG Support Groups are led by trained volunteers with lived experience of suicide loss. HUGG provides a free, non-judgemental, and safe space where people bereaved by suicide can share their experiences and feelings and receive and offer support to each other. **Please see the flyer attached.**

We hope the HUGG Kerry support group will greatly benefit the local community of Tralee and the surrounding areas including those living in Killarney, Listowel, Castleisland, Killorglin and Ballybunion. **The support group will meet monthly, with the first meeting on Tuesday November 26th, 7.30pm to 9.30pm.**

We know it is difficult to plan ahead and understand suicide bereavement support needs to be flexible **Once registered with HUGG you can attend a support group as often, or as little, as you need.**

Anyone wishing to learn more, or wanting to **attend the HUGG Kerry Support Group** can simply register their interest online at [www.HUGG.ie](http://www.HUGG.ie) (<http://www.HUGG.ie>), and a member of the HUGG team will be in touch, or email [support@HUGG.ie](mailto:support@HUGG.ie) (<mailto:support@HUGG.ie>) or call 01 513 4048 (<tel:015134048>) (monitored answering machine).

#### **Region**

Co Kerry

[HUGG \(https://www.hugg.ie/\)](https://www.hugg.ie/)

#### **Date Entered/Updated**

6th Nov, 2024

#### **Expiry Date**

6th Jan, 2025

#### **Attachment**

[HUGG e-Flyer A5\\_Final.pdf](#)

#### **Size**

364.69  
KB

<b>Attachment</b>	<b>Size</b>
<u>HUGG Kerry_press release</u>	228.43
<u>FINAL.pdf</u>	KB

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**Source URL:** <https://www.activelink.ie/community-exchange/services-requests/111993-free-suicide-bereavement-support-service-launched-in-kerry>