

HUGG: Dedicated Suicide Bereavement Support Group for Men **(<https://www.activelink.ie/node/112178>)**



Suicide grief can feel extremely isolating. It is vital that men know they are not alone in their grief. HUGG, the national charity for suicide bereavement, offer a **dedicated suicide bereavement support group for Men**, led by trained male volunteers with lived experience of suicide loss. The support group provides an opportunity for men experiencing suicide loss to connect and share their lived experiences of suicide grief in a non-judgemental space, and to show their visible support to other men who have faced similar losses. The online support group is held monthly on a Tuesday evening from 8pm–9.30pm.

If you identify as a male, you are welcome to join HUGG Men, please visit www.HUGG.ie (<http://www.HUGG.ie>) to register your interest or contact [01 513 4048](tel:015134048) (tel:015134048), and a member of the HUGG Team will be in touch to answer any questions you may have.

Region

Online

Date Entered/Updated

14th Nov, 2024

Expiry Date

14th Jan, 2025

Attachment	Size
HUGG Men A4 poster 40% used alcohol.pdf	236.74 KB
HUGG Men A4 poster 65% faced mental health challenges.pdf	236.61 KB
HUGG e-Flyer A5_Final.pdf	364.69 KB

Source URL: <https://www.activelink.ie/community-exchange/services-requests/112178-hugg-dedicated-suicide-bereavement-support-group-for-men>