

HUGG: Free Suicide Bereavement Support Service Launched in Sligo (<https://www.activelink.ie/node/113168>)



HUGG is the national suicide bereavement charity dedicated to supporting adults bereaved by suicide. We provide FREE practical information and emotional support after a suicide occurs through our website, telephone helpline, events, webinars and nationwide suicide bereavement support groups.

The HUGG vision is that anyone bereaved by suicide can find hope and, in time, healing. HUGG have now launched a dedicated suicide bereavement support group in Sligo. The monthly support group will meet on a Tuesday evening 7.30pm to 9.30pm and be facilitated by trained volunteers with a lived experience of suicide loss.

Donna Maskery (nee Scott) reflecting on why she trained as a HUGG Support Group volunteer stated, "I lost my beautiful brother Aaron Scott to suicide in 2012, he was 26. I never could have imagined the depth of the sadness and utter despair that followed. Over the years there have been many sad helpless moments, it is often a lonely journey. In HUGG there is hope, support and healing to navigate our way through and solace in the safety and support of others who truly understand, I feel thankful to have found this wonderful group of amazing people and to be a part of something so positive."

For every person who dies by suicide, up to 135 people are affected. In addition to grieving the loss of a loved one, a loss through 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. For many people, a level of support outside of family and friends is needed.

Commenting on the launch of HUGG Sligo, Marie McKeon, HUGG Groups Manager said, "From meeting with local people living in the region we recognise that there is a need for a suicide bereavement support group in Sligo. Sharing compassionate conversations with others who are bereaved by suicide can bring comfort, and opportunities to learn ways of coping. HUGG Sligo Support Group is ideally located within walking distance to Sligo town centre. We hope it will serve the local community and surrounding towns and villages including those living in Ballymote, Strandhill, Cliffooney and Ballysadare, and also benefit those living in parts of South Donegal and Leitrim including Bundoran, Dromahair, and Kinlough."

To register your interest to join a HUGG Support Group complete the form at <http://www.HUGG.ie/> (<http://www.HUGG.ie/>) or email support@HUGG.ie (<mailto:support@HUGG.ie>) or call **01 513 4048** (Tel:015134048) (monitored answering machine) and a member of the HUGG team will be in touch. Once registered, you can attend a support group as often or as little as you wish.

HUGG is a registered charity that relies on public donations to help fund its operations, train volunteers, and ensure its services remain free of charge. You can support HUGG by donating at www.HUGG.ie (<http://www.HUGG.ie>).

Region

Sligo

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Expiry Date

16th Mar, 2025

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<u>HUGG e-Flyer</u>	364.69
<u>A5_Final.pdf</u>	KB

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