

## **HUGG: NEW dedicated suicide bereavement support group in Kilkenny (<https://www.activelink.ie/node/114115>)**



## **Free Suicide Bereavement Support Service Launched in Kilkenny**

HUGG is a 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, 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 Kilkenny. 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.

Catriona Duggan reflecting on why she trained as a HUGG Support Group volunteer stated, “After losing my best friend to suicide 25 years ago, I’ve carried the weight of that grief alone for far too long. Finding the HUGG support group has been a transformative experience. It’s helped me heal, connect with others who understand my pain, and find the strength to continue my journey. No one should have to navigate the depths of loss in isolation. I hope my story encourages others to reach out, seek support, and know that they are not alone.”

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 Kilkenny, Marie McKeon, HUGG Groups Manager said, “Sharing compassionate conversations with others who are bereaved by suicide can bring comfort, support, and opportunities to learn ways of coping. The HUGG Kilkenny Support Group is ideally located on the edge of Kilkenny city, easily accessible by bus, car and walking distance to the train station (25-mins). We hope it will serve the local community and surrounding towns and villages including those living in Thomastown, Callan, Urlingford, Castlecomer and also benefit those living in parts of West Carlow including Muinebeag, Borris, as well as Carlow town.”

To register your interest to join a HUGG Suicide Bereavement Support Group visit [www.HUGG.ie](http://www.HUGG.ie) (<http://www.HUGG.ie>) or email [support@HUGG.ie](mailto: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) (<http://www.HUGG.ie>).

**Region**

Kilkenny & Surrounds

HUGG website (<https://hugg.ie/>)

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**Expiry Date**

27th Apr, 2025

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