

Have you been bereaved by suicide?

HUGG support groups are a safe space to talk freely, listen, share, ask questions and connect with others who have faced similar losses. It is a place where you will be met with compassion, care, and the words:

‘I hear you and I understand’

Our support groups are free and led by trained volunteers with a lived experience of suicide loss.

“From the first meeting, I felt hope and it gave me the space to heal.”

Trish, who lost her brother Shay to suicide



Our support groups are nationwide and held in person or online.

You are welcome to join a **HUGG Suicide Bereavement Support Group** Tuesdays at 7.30pm

Contact us to learn more and find your nearest support group.
www.HUGG.ie



Connecting for Life



WHO WE ARE

HUGG is the national suicide bereavement charity.

WHAT WE DO

We provide 'Suicide Postvention' services. These are initiatives and activities designed to reduce risk after a suicide occurs and in time promote hope and healing.

- Suicide Bereavement Support Groups
- Information and Resources on grief after suicide
- Telephone Support
- Signposting to other appropriate support services
- Public Events and Webinars
- Research & Advocacy

HOW TO CONNECT

www.HUGG.ie
support@HUGG.ie
01 513 4048



I am coping better

I found the information I needed

The caller was kind and compassionate

I feel connected to others who understand

I have hope for the future



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