# 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. 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

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

Trish, who lost her brother Shay to suicide



### **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.

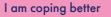
- Suicide Bereavement Support Groups
- Information and Resources on grief after suicide
- Telephone Support
- Signposting to other appropriate support services
- Public Events and Webinars
- Research & Advocacy

## **HOW TO CONNECT**

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









The caller was kind and compassionate

> I feel connected to others who understand

I have hope for the future



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