

HUGG

HEALING UNTOLD GRIEF GROUPS

Have you been bereaved by suicide?

You are welcome to join one of our
HUGG Suicide Bereavement Support Groups
Every second Tuesday 7:30pm - 9:30pm
In person or online.

Our groups are free and led by volunteers who have
been bereaved by suicide.

Volunteering with HUGG

If you're further along in your bereavement journey, you
may want to consider volunteering with us to become a
support group facilitator.

**To learn more about our support groups or
volunteering, please visit our website or give us a call.**



www.hugg.ie



01 513 4048

(monitored answering machine)



@HUGGIreland



Connecting for Life

HUGG

HEALING UNTOLD GRIEF GROUPS

About HUGG

HUGG is a national suicide bereavement charity. We support adults who have been bereaved by suicide by reducing isolation and stigma and promoting resilience and healing. We offer support groups, information and resources on our website and telephone support.

Our support groups are led by trained volunteers with lived experience of suicide bereavement.

We provide a free, non-judgemental, safe and confidential space where people bereaved by suicide can share their experiences and feelings and receive and offer support to each other.

To learn more about our support groups or volunteering, please visit our website or give us a call.



www.hugg.ie



01 513 4048

(monitored answering machine)



@HUGGIreland



Connecting for Life