



HUGG

HEALING UNTOLD GRIEF GROUPS

HUGG YOUNG ADULTS **18-25 years old** **Suicide Bereavement Support Group**

Every second Tuesday evening via Zoom

Facilitated by trained young adult volunteers
with a lived experience of suicide bereavement

To join visit www.hugg.ie and complete the
'Join a HUGG Group' form

We will call you to answer any questions

 support@hugg.ie  www.hugg.ie  **01 513 4048**
(monitored answering machine)

   **@HUGGIreland**



Connecting for Life

CHY No. 22421. Registered Charity No. 20204480. Company Registration No. 640420.

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HUGG is a national suicide bereavement charity and 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.

Bereavement by suicide shares characteristics with other bereavements but it is also different.

Young adults with a lived experience of suicide bereavement bring insight, wisdom and perspective offering other group members hope, healing and connection.

Find more info and resources on our website.

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