

A large, soft-focus pink feather graphic serves as a background for the top half of the page.

# HUGG

HEALING UNTOLD GRIEF GROUPS

## HUGG Young Adults

Suicide Bereavement Support Group

Every second Tuesday  
(7.30pm to 9.30pm)

Group Facilitators are from the community  
AND have a lived experience of suicide

To join visit [www.hugg.ie](http://www.hugg.ie) and complete the  
'Join a HUGG Group' form

We will call you to answer any questions  
ahead of your first meeting. Anyone over 18  
years welcome.

SUPPORT@HUGG.IE WWW.HUGG.IE Tel: 01 513 4048

(monitored answering machine)



@HUGGIreland



@HUGG



@hugg.ie

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

# HUGG

HEALING UNTOLD GRIEF GROUPS

We are a national suicide bereavement charity which helps people bereaved by suicide through our HUGG support groups, which are led by people who have been bereaved by suicide.

We aim to provide a safe, confidential environment in which those bereaved by suicide can share their experiences and feelings, so giving and gaining support from each other.

We also strive to improve public awareness and maintain contacts with many other statutory and voluntary organisations. If you, or someone you know has been bereaved by suicide please give them our details.

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