

## 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

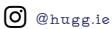
To join visit www.hugg.ie and complete the 'Join a HUGG Group' form

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)







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



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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