



## Seeking Volunteers

HUGG provides 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.

HUGG support groups take place every second Tuesday 7.30pm to 9.30pm, in-person or online. The groups are facilitated by trained volunteers with lived experience of suicide bereavement.

Bereavement by suicide shares characteristics with other bereavements but it is also different. Having lived experience of suicide bereavement, a requirement for becoming a HUGG group facilitator, ensures a better understanding and appreciation of the emotions and trauma group members may be going through.

**HUGG provide facilitator training and on-going support to all our volunteers.**

### Interested in volunteering with HUGG?

- Have you been bereaved by suicide for 3 years or more and are over the age of 21?
- Do you want to support an existing HUGG group, or start one within your community?
- Do you have good inter-personal skills, and enjoy working as part of a team?
- Are you open and accepting to people of other cultures, beliefs and sexual orientation?
- Are you open to developing suicide prevention skills?
- Are you willing to undergo online training over one weekend with HUGG to develop facilitation skills?

**HUGG's next online training will take place in January 2023.**

**To learn more please email [volunteer@hugg.ie](mailto:volunteer@hugg.ie) or visit [www.hugg.ie](http://www.hugg.ie)**

**HUGG currently offer the following support groups:** HUGG Smithfield, HUGG Tallaght, HUGG Leopardstown, HUGG Wicklow, HUGG Meath/Louth, HUGG Cavan, HUGG Cork, HUGG Limerick, HUGG Galway, HUGG Waterford, HUGG Donegal, HUGG Monaghan, HUGG Virtual Groups, HUGG Young Adults, HUGG Parents.

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