

HUGG: Free Suicide Bereavement Support Service Launched in Athlone (<https://www.activelink.ie/node/115018>)



HUGG, Ireland's national suicide bereavement organisation, is dedicated to supporting adults bereaved by suicide. We provide FREE practical information and emotional support after a suicide occurs through our informative website, telephone support line, public events, and nationwide suicide bereavement support groups. The HUGG vision is that anyone bereaved by suicide can find hope and, in time, healing.

HUGG have now launched a dedicated suicide bereavement support group in Athlone. The monthly support group will meet on a Tuesday evening 7.30pm to 9.30pm and be facilitated by trained volunteers with a lived experience of suicide loss.

Cathriona Lacey, reflecting on why she trained as a HUGG Support Group volunteer, stated *"HUGG provided me with a safe space where I didn't have to explain, pretend, or feel alone in my grief. Sitting with others who truly understand gave me words when I had none and reassured me that my emotions were normal, even when nothing about suicide loss feels normal. HUGG offered me a space free of judgment, where I could speak openly, cry, or simply sit in silence. I can't change what happened to my brother, but I can help others find the support I wish I had."*

For every person who dies by suicide, up to 135 people are affected. In addition to grieving the loss of a loved one, a loss through suicide leaves many with heavy invisible burdens to carry, including unanswered questions and feelings which can include regret, self-blame, guilt, shame, and self-stigma. Suicide grief can feel incredibly isolating.

Commenting on the launch of HUGG Athlone, Marie McKeon, HUGG Groups Manager said, "Sharing compassionate conversations with others who are bereaved by suicide can bring comfort, support, and opportunities to learn ways of coping. HUGG Athlone Support Group is ideally located on the edge of Athlone town centre. We hope it will serve the local community of Athlone town and surrounding towns and villages including those living in Roscommon town, as well as parts of southern Longford such as Lanesborough and Ballymahon and eastern Galway, such as Ballinasloe town."

To register your interest to join a HUGG Suicide Bereavement Support Group visit www.HUGG.ie (<http://www.HUGG.ie>) or email support@HUGG.ie (<mailto:support@HUGG.ie>) or call 01 513 4048 (tel:015134048) (monitored answering machine) and a member of the HUGG team will be in touch. Once registered, you can attend the support group as often or as little as you wish

HUGG is a registered charity that relies heavily on public donations to help fund its operations, train volunteers, and ensure its services remain free of charge. You can support HUGG by donating at www.HUGG.ie (<http://www.HUGG.ie>).

Region

Athlone, Co Westmeath

[HUGG website \(https://hugg.ie/\)](https://hugg.ie/)

Date Entered/Updated

10th Apr, 2025

Expiry Date

10th Jun, 2025

Attachment	Size
<u>HUGG e-Flyer</u>	364.69
<u>A5_Final.pdf</u>	KB

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