



Why Attend a Support Group

- Grief support groups educate and nurture. Attendance is not a sign of weakness.
- People bereaved by suicide are more at-risk of adverse grief reactions, mental health and, suicidal thoughts and self-harm so, they need additional support.
- Those bereaved by suicide experience more feelings of abandonment, rejection, shame, struggle with meaning-making and why questions, and less social support, so find solace in connecting with a support group.
-
- Suicide bereavement support groups are a powerful and constructive way for people to share their stories, to help themselves and each other.
- Research on HUGG groups indicates that bereavement support groups can help lower grief reactions, fostering friendships, instilling hope and promotes the normalisation of grief.
- Bereavement support groups provide ongoing help to participants in various ways, including:
 - normalising the grief journey.
 - listening and sharing personal experiences.
 - creating social networks and reducing feelings of isolation.
 - discovering personal strengths and building resilience.
 - Learning about grief and bereavement
- HUGG support groups are places that provide the suicide bereaved opportunities for expressing their feelings and thoughts. Those bereaved can feel a need to relate to others with whom there is no need to “filter” what is said, because friends and family are tired of listening to the story and pain.
- Many bereaved need to tell their story over and over, which helps them to sense of their loss and to integrate their grief

T: (+353) 1 513 4048 E: info@hugg.ie W: www.hugg.ie