



Type of Presentation	Poster Presentation
Presenter's details	Fiona Tuomey, MSc (Loss & Bereavement), HUGG Founder & CEO, Ireland. E: fiona@HUGG.ie
Abstract relates to	Level 2 Bereavement Support; providing services in a volunteer/community space.
Type of Focus	Practice: a promising suicide bereavement postvention activity
Target audience	Researchers, educators, funders and level 2 service providers
Title	Peer Support in Motion: A Walking Group for Adult Men Bereaved by Suicide
Background	Men bereaved by suicide face a significantly increased risk of adverse mental and physical health outcomes, including suicidal behaviour. research on men's coping after suicide loss remains limited, evidence indicates they are less likely than women to access support (Andriessen et al., 2025). Health-promotion literature suggests that many men do not wish to be perceived as "needing help," (Ballinger et al., 2009).
Rationale	HUGG suicide bereavement peer support groups enable adults bereaved by suicide to come together in a structured stationary way. We recognised not all adults bereaved by suicide want this structured stationary type of support. However, research indicates they may benefit from suicide bereavement peer support in another form to avoid developing maladaptive grief coping strategies, particularly men (O'Connell et al. 2022).), limited research available on suicide-bereaved men's coping needs indicates an action-oriented approach may be appealing to them (Andriessen et al. 2025). Furthermore, physical activity has been shown to support emotional regulation and improve grief-related outcomes (Williams et al., 2021).
Design	HUGG Walks launched May 2025. A dedicated suicide-bereavement peer-support walking group designed to integrate movement, nature, and meaningful connection. Led by a trained walking guide and peer-support volunteers with lived experience of suicide loss, each walk offers informal, low-threshold opportunities for grief sharing.
Results	Between May and December 2025, 94 individuals (19% men) registered, with 84 attendances. Many participants extended their engagement by joining volunteers for refreshments afterward, further enhancing connection and reciprocal support.
Conclusion	This low-cost, scalable postvention activity demonstrates strong potential to engage groups—particularly men—who may not access traditional supports. Further research is required to evaluate its psychosocial impact and inform best-practice guidelines for action-oriented postvention interventions.
List at least three references.	Andriessen et al. (2025); Ballinger et al. (2009); Williams et al. (2021); O'Connell et al. (2022)

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