

Suicide Bereavement: Talking to others with experience can help

For every 1 life lost to suicide **135 people are affected.** *Cerel et al 2018*

Common feelings experienced by those bereaved by suicide include: Abandonment, rejection, shame, stigma, blame.

There are many reactions to suicide, such as sadness, numbness, disbelief, worry and shock. Other reactions may be unexpected, but are still normal, like anger, relief, guilt, fear, shock.

"There's often something to blame in a sudden death. Whereas suicide can make you feel guilt"

You may feel some of these emotions, or none.

How Peer Support Can Help

Peer support groups are a powerful way for people to share their stories, to help themselves and each other.

"The HUGG peer support group allows me to come to a certain level of 'ok-ness' with my own grief and kind of accept it"

Connecting with others who understand your grief reminds you that you are not alone.

"I was feeling quite isolated because I felt that no one else knows what I was feeling"

Others have walked this path and are here to offer encouragement.

"I just thought to myself, oh this is lovely safe space. I can breathe here. So that was enough, that was enough"

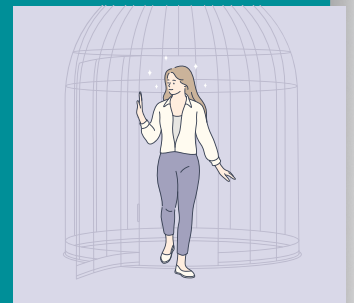
What you feel may change daily. Everyone's grief is unique and that is normal. There is hope. You can survive and even thrive.

"After coming to HUGG I felt like the whole world lifted off my shoulders and I'll never forget that feeling"

No one has the same experience, but sharing our stories can help unite us in healing.

"All these people going through what I'm going through. I could breathe again"

"You were given answers without even having to ask questions"



HUGG is a suicide bereavement charity.
For more information please contact: **HUGG**
www.hugg.ie / Phone 01 513 4048

