

Loss of a Child:

Compassionate Friends provides mutual support for parents who have experienced the death of a child (by any means). There are support groups in Manchester and Peterborough. www.compassionatefriends.org
Or call (877) 969-0010.

Bereaved Parents of the USA is an organization of families who have grieved the death of a child of any age. NH chapter meets in Atkinson. Call (603) 887-4302.

Survivor of Suicide Loss Support Additional Resources

Crisis Lines:

National Suicide Prevention Crisis Hotline:
(800) 273-TALK (8255)
Crisis Text Line (24/7): 741-741
TrevorLifeline, for LGBTQ (24/7):
(866) 488-7386
TrevorText, for LGBTQ (24/7): 678-678

Non-crisis lines:

In New Hampshire
NAMI NH - (800) 242-6264
Nationally
Friends for Survival - (800) 646-7322

Internet Resources:

Community Mental Health Centers in NH:
NAMINH.org/CMHCs

SAVE- Suicide Awareness/Voices of Education: www.save.org

American Foundation for Suicide Prevention: www.afsp.org



GriefNet (online support group): www.griefnet.org

Friends for Survival – Offering Help After A Suicide Death
www.friendsforsurvival.org

GRIEF

Grief takes its own time. There is no stopwatch for your loss. You will get through it in your own way and on your own terms."

Catherine Greenleaf, NH resident and author of *Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide*.



85 North State Street
Concord, NH 03301
www.theconnectprogram.org
www.NAMINH.org
(800) 242-6264 · (603) 225-5359

Connect is a nationally designated Best Practice Program developed by the National Alliance on Mental Illness NH

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New Hampshire GRIEF SUPPORT



AFTER SUDDEN TRAUMATIC LOSS

You Are Not Alone

We are very sorry about the death of your loved one. The shock and pain experienced by friends and family following a sudden death can seem almost unbearable. It is important for you to know that you are not alone.

After a traumatic loss, it is normal to have very intense feelings and reactions that may include the following:

- Intense Grief | Shock and Numbness
- Difficulty Eating and Sleeping
- Hypervigilance, Flashbacks and Intrusive Thoughts (especially if you witnessed the death or found your loved one)
- Anxiety and Worry
- Guilt and Shame
- Depression
- Anger
- Questioning Faith
- Asking WHY???

Consider the following suggestions:

Seek support: A community of friends and family can be a great comfort after a loss.

Reach Out: Isolation after a loss is common, but too much of it breeds depression.

Maintain self-care: Keep active, explore new habits such as exercise, journaling, or yoga.

Help and Support is Available

Resources For Sudden Loss Bereavement

Professional Assistance

While the grief and loss may be most intense in the days and weeks immediately following a sudden death, it should be expected that the grieving process will continue for an extended period of time. It is important to take care of yourself and allow yourself and your family members time to grieve in their own way. We have listed a variety of resources which you may find helpful at this very difficult time.

General Bereavement Support in NH

You may want to seek help from a clinician who specializes in grief counseling. Community Mental Health Centers (CMHCs) are located in 10 regions of New Hampshire. A listing can be found at www.naminh.org.

In addition to the Community Mental Health Centers, you could obtain help from a private mental health provider, your primary care provider, your faith leader, or a support group.

Hospice Bereavement Support Groups- Many hospices in NH offer general and specific grief groups. Listings can be found at www.hhhc.org and then click "Bereavement"
Victims, Inc. – The Grieving Assistance Program for Adults (GAP) offers one on one and group support to families in NH after a traumatic event. www.victimsinc.org or (603) 335-7777.

Children's Grief Support- Friends of Aine, based in Manchester, has the mission to provide robust child bereavement services to help children: www.friendsofaine.com
Many local hospitals along with the Visiting Nurse Association also offer support groups.

Resources For Specific Types of Sudden Losses

Loss of a Loved One to Suicide

The grieving process for survivors of suicide loss is complex and complicated. NAMI NH has developed a nationally-recognized education program on suicide: www.theconnectprogram.org

Often survivors find great comfort in speaking with others who have lost someone to suicide. Here is a listing of survivor of suicide loss support groups in NH: www.NAMINH.org/SOSLGroups

Loss of a Loved One to Violence

Parents of Murdered Children offers online resources for friends and families of those who have died by violence. www.pomc.org
NH's Office of Victim/Witness Assistance provides services and support for all NH homicide cases.

www.doj.nh.gov/criminal/victim-assistance
Or call (603) 271-3671.

