

New Hampshire

GRIEF SUPPORT



AFTER SUDDEN TRAUMATIC LOSS

Additional Resources

Survivor of Suicide Loss Support

Crisis Lines:

National Suicide Prevention Crisis Hotline:
(800) 273-TALK (8255)

Samaritans (NH):
1-877-583-8336

Non-crisis lines:

New Hampshire:
NAMI NH- (800) 242-6264

National:
Friends for Survival: (800) 646-7322

Internet Resources

National Alliance on Mental Illness NH (NAMI NH)
www.naminh.org

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

American Foundation for Suicide Prevention www.afsp.org

American Association of Suicidology www.suicidology.org

GriefNet (online support group) www.griefnet.org

Suicide Prevention Resource Center (SPRC) www.sprc.org

Parents of Suicides/Friends and Families of Suicides
www.pos-ffos.com

General Bereavement Resources:

The Family Resource Connection provides bereavement books and videos for NH Residents for all types of losses. Please call (800) 298-4321 or (603) 271-7931 for information. These resources are free and can be sent to you through the NH inter-library loan service.



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

National Alliance on Mental Illness-NH

15 Green Street

Concord, NH 03301

www.theconnectprogram.org

www.naminh.org

1-800-242-6264 225-5359



YOU ARE NOT ALONE

We are very sorry about the death of your friend or family member. 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???

While the grief and loss may be most intense in the days and weeks immediately following the death, it should be expected that the grieving process will continue for an extended period of time.

Help and Support is Available

RESOURCES FOR SUDDEN LOSS BEREAVEMENT

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.

Professional Assistance

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.



General Bereavement Support in NH

Hospice Bereavement Support Groups-

Many hospices in NH offer general and specific grief groups. Listings can be found at www.nhhpco.org

Victims, Inc. - Victims, Inc. offers one on one and group support to families in NH after a traumatic event. www.victimsync.org or 335-7777.

Children's Grief Support- Listings of general grief support for children in NH can be found at www.theconnectprogram.org.

Many local hospitals and Visiting Nurse Associations 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. Often survivors find great comfort in speaking with others who have lost someone to suicide. For locations and meeting times of survivor of suicide loss support groups in NH and other information on suicide, please go to www.theconnectprogram.org.

If you are a NH survivor of suicide loss and would like help connecting to support, please call (800) 242-6264.

Loss of a Loved One to Violence:

Parents of Murdered Children offers support for friends and families of those who have died by violence in NH. www.pomc.org for information.

NH Victim's Office of Victim/Witness Assistance provides services and support for all NH homicide cases. Call (800)300-4500.

Loss of a Child:

Compassionate Friends provides mutual support for parents who have experienced the death of a child (by any means)- visit www.compassionatefriends.org or (877)969-0010 for local chapter groups and information.

Bereaved Parents of the USA is an organization of families who have grieved the death of a child of any age. NH Chapter- www.bprockessex.org or call 887-4302.

NH Department of Health and Human Services' SIDS Program provides information on Sudden Infant Death Syndrome (SIDS) and grief support resources. Call (800)852-3345.