

# 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](http://www.naminh.org)

SAVE- Suicide Awareness/Voices of Education  
[www.save.org](http://www.save.org)

American Foundation for Suicide Prevention [www.afsp.org](http://www.afsp.org)

American Association of Suicidology [www.suicidology.org](http://www.suicidology.org)

GriefNet (online support group) [www.griefnet.org](http://www.griefnet.org)

Suicide Prevention Resource Center (SPRC) [www.sprc.org](http://www.sprc.org)

Parents of Suicides/Friends and Families of Suicides  
[www.pos-ffos.com](http://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](http://www.theconnectprogram.org)**

**[www.naminh.org](http://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](http://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](http://www.nhhpco.org)

**Victims, Inc.** - Victims, Inc. offers one on one and group support to families in NH after a traumatic event. [www.victimsinc.org](http://www.victimsinc.org) or 335-7777.

**Children's Grief Support-** Listings of general grief support for children in NH can be found at [www.theconnectprogram.org](http://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](http://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](http://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](http://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](http://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.