

OFFICE OF THE CHIEF MEDICAL EXAMINER  
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Dear Survivor,

The Office of the Chief Medical Examiner of New Hampshire extends its condolences to you and your family for the loss of your loved one. While we certainly do not want to intrude on your grief at this time, we do want to share with you some information and resources that you might find useful now or at some time in the future. Distribution of these materials was made possible by the generous donations of other families affected by suicide. The death of a loved one to suicide is a unique experience for each family. The enclosed material on what others have felt and how they have coped may be helpful. The enclosed CD and tape were developed by a father who has survived the loss of a son by suicide.

You may also have some questions about the cause and manner of your loved one's death. Please know that you can call or sit with our staff to answer any questions you or your family might have.

In our experience we have learned that family members often feel that they are "going crazy" as they try to cope with their loss. Your feelings are probably those of a normal person having normal responses to an abnormal situation. However, it is almost always helpful to talk with someone about the intense grief issues that follow an unexpected death. If at any time you feel that you might hurt yourself or someone else, it is important that you talk with a professional who can assist you in getting help. We have included the phone numbers of the community mental health centers around the state as a place for you to start to find assistance. You might also want to talk with another family who has survived a loss like yours (1-800-979-AFSP). Your local Hospice Program or Visiting Nurse Association could provide you with additional resources such as local support groups and bereavement programs.

In the weeks and months ahead, please do not hesitate to call on us (271-1235) or on any of those listed in the enclosed materials. We want to help you in any way we can because we know how difficult things are for you at this time.

Sincerely,

Thomas Andrew, MD  
Chief Medical Examiner

Michael Whitman  
Executive Producer of *Before Their Time*