



New Hampshire Survivors of Suicide Loss Newsletter

2012

NH Survivors of Suicide Loss

Long-time NH Survivor of Suicide Loss Advocate, Marsha Chapple, receives Unsung Hero Award



Marsha Chapple lost her 17 year old son Stefan in 2002 to suicide. Despite her intense grief, Marsha joined NH suicide prevention efforts early on offering her personal expertise to a work group which helped to lay the foundation for the NAMI NH Connect® Program. Ten years later, Marsha continues to quietly and persistently advocate for suicide prevention serving as the survivor of suicide loss (SOSL) representative on the NH Suicide Prevention Council. In addition, as part of the NH Survivor Speaker's Bureau, she has educated others through sharing her story in person: on video for those

who cannot hear her in person: through the SOSL newsletter and a hospital newsletter that went out to 120,000 residents in NH; and in the NH Suicide Prevention Annual Report. When a need for a Manchester SOSL support group was identified in 2010, Marsha stepped up and founded a group that meets monthly and has been so important to the healing of survivors in the Manchester area. Marsha is passionate about the need for a better understanding of the relationship between mental health problems and suicide and the stigma associated with all. She has addressed this issue with schools, health care and other providers and has worked tirelessly to bring education to the hospital where she works. Marsha has worked hard to open doors so those bereaved by suicide loss can find healing and so community members can work together to form a safety net for those at risk for suicide. Congratulations to Marsha on receiving NAMI NH's 2012 Unsung Hero Award!

SurvivorVoices - Training set for October 13 -14, 2012

NAMI NH's National Best Practice public speaking training for Survivors of Suicide Loss will offer a two day training in Concord on October 13th -14th, 2012. If you are interested, please go to www.theconnectprogram.org to learn more and register.



The New Hampshire Survivors of Suicide Loss Network is a coalition of people bereaved by suicide loss, joined by concerned mental health professionals and community members, that help to publicize local and national resources that provide support to survivors of suicide loss (SOSL). The network is focused on helping those bereaved by suicide with the unique, profound, lingering grief that suicide subjects us to, and which those of us who have not experienced cannot fully understand. This newsletter was made possible through the support of Friends and Family of Nathan Folley, Friends and Family of Sheena Floreani, the Martha Fuller-Clark Foundation, the Substance Abuse and Mental Health Services Administration (SAMHSA), and New Hampshire Department of Health and Human Services (DHHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of our funders.

Third NH SOSL Quilt is Born

A third Survivor of Suicide Loss quilt joins those made by NH SOSL in 2007 and 2010 to raise awareness about suicide. The most recent quilt was organized by Kelly D'Errico and made its inaugural trip to San Francisco this past June for the annual American Foundation of Suicide Prevention (AFSP) *Out of the Darkness* (OOTD) Walk. Here is Kelly's story:



On June 9th & 10th, I did my 3rd "Out of the Darkness" overnight walk in San Francisco. This year had a number of milestones for me. My beautiful daughter was 14, so now old enough to join me on this journey. Since my first walk in 2010, after losing my son Kory Michael Hays on October 21, 2009, I remember seeing the quilts that were covered with all these beautiful faces of people who had lost their lives to suicide. I thought "I need to do one of these". The problem? Well, I don't sew! What I do well, is ORGANIZE! Three days before leaving for San Francisco, the quilt was finished and I was determined it would be there for all to see! I wasn't sure how that was going to work, because I hadn't pre-registered the quilt, and I remembered at the walk in NY the year prior, there was a tent with LOTS of quilts with no room for more. My thought was, "If I couldn't hang it up, I would carry it! This was their journey as well." As I walked up to Fort Mason for the opening ceremonies, I looked across the field to quilts displayed in a double wide tent. I ran quickly across the field and showed them what I had and they swiftly set it up with much excitement. Tears streamed down my face. People immediately gathered around to look at the quilt and all the beautiful people on it. It was an amazing journey! In the last three years, team Kory M. Hays has raised over \$23,000 for AFSP!



We Never Stop Being Parents-Ever

by Debbie Baird

A very dear friend and fellow NH survivor, Ron Hart, sent me a beautiful and sincere gift via email that touched my heart and made me think of how precious our lives really are. I wanted to pass this gift along to all of you (especially Ron) who have lost a child to suicide. On Mother's Day, Ron took his lovely wife to Rye, walked along the beach and wrote the names of all the children lost to suicide he could remember. He then took pictures of the names and sent them to their families as Mother's Day gifts. This gift reminded me that even though my son, Matthew, died by suicide January 19, 2009, I'm still his Mom. I was blessed with both a son and daughter and, as a parent, our children are still our children no matter what happens in life. I celebrated my son Matthew's life in silence together with my daughter that day. I'm blessed with beautiful memories and beautiful children. We never stop being parents-ever!!!!

NH SOSL Quilts at Compassionate Friends Blood Drive by Ron Hart

The Compassionate Friends of Manchester and Nashua hosted a blood drive on May 12, 2012 to honor their children, siblings, and grandchildren by giving the gift of life in their memory. Survivors of Suicide Loss and Compassionate Friends members Ron Hart and Dan Fichera set up our NH SOSL quilts along with the National Alliance for Mental Illness (NAMI) and AFSP information at a table. Ron said, "It's always a honor and pleasure to show our SOSL quilts to the people of NH at any event. And to do it at a blood drive is awesome. Here people are donating their time and blood to save lives and we're here trying to raise awareness to prevent losing lives." 282 pints of blood were collected. Not only were each of their children, siblings, and grandchildren remembered in their hearts, they were also remembered with the donation of a gift of life. Their Love Lives On!!!



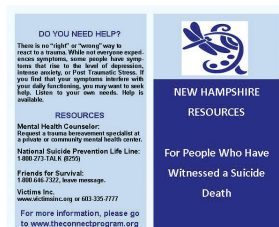
NH Memorial Tree Ceremony Honors All Loved Ones That Have Passed on Before Us

by Debbie Baird



On May 5, 2012, my daughter Jennifer Klember and I, held our 2nd Annual Memorial Tree Lighting Ceremony in Stanton Plaza on Elm Street in Manchester NH. All proceeds (\$2,165) of this fundraiser were given to the Manchester Mental Health Center in memory of my son Matthew Hampton, who died by suicide January 19, 2009. Jennifer and I started this fundraiser to help benefit the community. The Manchester Mental Health Center's mission is to help all those in the community who cannot afford mental health care services, by providing the funds they need to be able to get the care they need. We chose May to do this as it is National Mental Health Awareness Month. Light bulbs with name tags of our loved ones name(s) were purchased and then tied to the evergreen tree. During the ceremony all the names were read and after the silent prayer, we lit the tree where it continued to shed light in the park for one week in remembrance of our loved ones that have passed on before us. It was a beautiful night and a wonderful turn out.

New Resources for People Who Witness a Suicide Death



Resources for "Witness Survivors" are under development after NH SOSL, Catherine Greenleaf, became concerned about the effects that suicide deaths in public locations might have on a passersby and on the general public exposed to the resulting media coverage. Witness survivors are people who have witnessed a suicide death, have come upon the deceased's body, or have heard or read graphic details regarding the death. Being witness to the self-inflicted death of a person can have many ramifications – regardless of whether one has witnessed the death or found the body of a loved one at home or that of a stranger in a public place. While not everyone experiences symptoms, some people have symptoms of extreme anxiety, depression, or Post Traumatic Stress. A collaborative work group is exploring how NH can assist witness survivors in connecting to help. Three methods have been identified: 1) encourage media to include help resources for witness survivors whenever they are printing a story involving suicide; 2) create a wallet-sized card of help resources to provide witness survivors at both the scene of a suicide and afterward; and 3) add a Witness Survivor Outreach Program Resource page to the NAMI NH Connect® website: <http://www.theconnectprogram.org/survivors/surviving-suicide-loss>. Both the wallet cards and the resource page will be available by early Fall 2012.

An additional resource for newly bereaved survivors has also been developed. The NH Office of the Medical Examiner has been mailing resource information to new survivors for the past 6 years; however, feedback has determined some people are ready for the resources more immediately after the death of their loved one. In response, NAMI NH developed a new resource called *NH Grief Support After Sudden Traumatic Loss* to be provided by the medical examiner directly to the family when the cause of death may still be unclear.

A special message to witness survivors from NH Survivor Speaker's Bureau member Karen DiGregorio:

As a witness survivor it is so very important to realize that no matter what you are feeling and experiencing, it is valid! Many people seek treatment right away and then stop because they feel it has been long enough and they should feel better, or did not get help dealing with this situation and feel it is too late to start asking for assistance now. This is not true. Society plays a role in this, often causing people to try to tell us how we should feel or where we should be in our grief healing by a certain point in time.

It was quite some time after my experience as a witness survivor before I found the support I needed. I was made to feel guilty that so much time had passed and I was told I should be coping better. Listen to your heart. Only you have the images that invade your sleepless nights and cannot be removed. Only you feel frightened to be alone. Only you have whatever troubles you feel. Take care of yourself. Be true to yourself and brave enough to accept support and guidance. I found the S.O.S. (Survivors of Suicide) Support Group to be the greatest strength for me. My therapist had not experienced what I had and I could not talk about it with her. My family and friends were very supportive, but I could not speak openly about this with them. Other people in groups had losses, but had not been a witness survivor. This is another completely different facet of losing a loved one that I could only share with people who had experienced the same thing. Hearing their stories made me embrace their situations and feel for them as well. Helping and sharing with others is what has helped me. Strive to find what brings you comfort -- therapy, family, faith, support of other witness survivors. You are important and deserving of whatever helps you.

My Letter to Grief

Like a hollow marionette
Every movement I've made
Has been orchestrated
By your ruthless demands
For what's left of me.
Delicate in your infancy
Abandoned by any sense
of normality
I blindly followed you into
each burst of agony
And every painful reminder
Of what was
willingly taken from me.
Your strings dangle from
me like shackles
Trapped by your
sickening uncertainty.
I accepted the guilt you
whispered in my ear
For months.
Willingly sabotaging any
sense of happiness
That even came close to me
Feeling like I didn't
deserve a smile
With her blood on my hands.
Silently accused of
being the villain
From hearts desperately
craving closure
Pinning my heart to
her headstone.
Sifting through the wreckage
Trying to figure out how to accept
This sense of safety I feel
Now that she's gone.
Her death set off a chain reaction
Of confessions
and questions of her sanity
I was left ostracized
and found myself alone
Inducing such a devastating anger
That automatically
put those I love
Into a minefield.
Not knowing what to say
or what to tell me,
They decide to say nothing at all,
Only fueling my fury.
Then there are the people who
tell me that it's not my fault
That I didn't do anything wrong
But the syllables go in one ear
And right out of the other.
Wanting desperately for
their truths to take hold
On even a fraction of solid ground
Upon the battered
flesh of my heart.
You have demanded every
ounce of my attention (*cont'd*)

From the Trenches: One Mother's Advice for Helping Young Suicide Survivors Through Their Grief, By Nancy Hendryx



My name is Nancy Hendryx. I am a 45 - year-old Everyday Jane. A mother, a sister, an aunt, a friend, a co-worker, a volunteer. I am also a widow—yes, a suicide survivor. My husband of nearly 16 years, Mark, and the father of our two children, Emma then 13 and Ben then nearly 10, died by suicide on March 28, 2009.

I was invited to discuss from a lay person's perspective what children need following the death of a loved one to suicide. I am not a doctor or a psychotherapist or a social worker. I am not a parenting expert. I am an Everyday Jane. What follows, for what it is worth, is my \$0.02.

But first, over the past couple of weeks, Ben's and Emma's best friends have each experienced family difficulty. My kids have each made comments that they feel badly for these friends' family problems. I smiled a slight, Mona Lisa smile at one point during such a conversation, and Ben asked me why. "It is ironic, don't you think, that we with the dead father and who should be wrecked feel badly for these other families?" Ben and Emma, almost in unison, said, "We have a great family! It's different and sad sometimes, but we are great!"

That they feel this way allows me to write with confidence, based on my own observations and discussions with my children, now 13 and nearly 16, about what has worked and continues to work for us as we continue to recover from Mark's death.

Age-Appropriate Honesty and Transparency: Many people thought I should not share with Ben and Emma the details of what happened. While I did not go into excess detail, I did share the truth with them. I have told everyone the truth. There is so much stigma around suicide. I refused to live in shame. I refused to set my children up to live in shame. So the first and most important thing that I think children need following the suicide of a loved one is age-appropriate honesty. They need to know what happened so they are not left to fill the void with horrors perhaps even more unimaginable than what actually happened. They need to be given the freedom to ask questions, even hard questions, and they need to receive direct, honest, age-appropriate answers.

Immediate Presence and Support of Extended Family: I am lucky to have a large family of origin, with nine brothers and sisters and 25 nieces and nephews. In the hours immediately following Mark's death, the adults dropped what they were doing and gathered at my mother's home. The kids and I lived at my mother's for six weeks following Mark's death surrounded by many members of the extended family who also stayed on for a couple of weeks. When it was time to return to our home, key members of our extended family returned with us, helped us settle back in. Their presence helped fill the void of Mark's absence, making our return to the family home feel less stark. As Emma put it, having the support of people who were affected but not "as crushed as we were" allowed she and Ben to sometimes forget and "just be with that person."

School Support: A 13 - year-old student had died by suicide two months before Mark, so our school system was highly sensitized to the issue. The kids missed two weeks of school following Mark's death. When they returned, supports were in place at school in terms of increased leniency on expectations around homework and class participation. "Safe" spaces and adults were identified with the kids' input so that if they hit a rough patch during the school day they knew where they could turn for support.

A Balance Between Routine Expectations and Cutting Slack: Once back at school and home, the kids found it both difficult and helpful to resume routines around chores, schoolwork, and

sports. Both Ben and Emma are high achievers, but I had no illusion that they would maintain this level of achievement. Simply completing the activities of daily living, meeting the minimum obligations in school, around the house, and with their extra-curricular commitments, was enough, in my estimation, to approximate success. Easing back into those expectations has been essential to their transition through their grief.

Physical Closeness: There was a huge void in our home as we adapted to the new normal. Both Ben and Emma had a high need to be in physical proximity to each other and to me. This meant, for instance, relocating the family desktop computer from a lower level to the main level of the house to avoid them feeling isolated. It meant all of us sharing a bedroom in the days, weeks, and even months immediately following the death. These sorts of things were good, necessary, and useful. However, what we ultimately discovered is that this “pack” mentality eventually began to stunt the usual developmentally appropriate separation teens and parents go through. It outlived its usefulness and was leading to too great a dependence on each other. We worked to establish a healthier balance of independence and togetherness.

Therapy with a Well-Matched Therapist: This should go without saying. Both kids started individual therapy the week after Mark’s death, and we also participated in regular family therapy sessions. But not all therapists are created equal. It is critically important that the child-therapist match be a good fit. Ben and his therapist were from the start. Emma and her first therapist were not. Her original therapist, despite numerous and lengthy discussions with both me and Emma, failed to adapt and meet Emma at her intellectual, emotional, and developmental level. This created resistance to therapy for Emma. After probably too long, we ultimately switched therapists. She is now paired with one who is a much better match, and her healing has progressed by leaps and bounds. So, know your child; know their needs; give the therapeutic relationship time to develop; but if a child expresses resistance to therapy, listen to him or her and consider whether a new therapist may be helpful.

Medication: I am medication averse and consider pharmacological remedies in all cases the path of last resort. Because of this, and despite my best intentions, I allowed Emma’s depression to progress too far before allowing her to be placed on medications. I should also note that my experience is that family members in crisis tend to cycle. When one member is crashing, the others tend to hold it together as happened with Ben and Emma. Ben, who was well-matched with his therapist, seemed to be progressing that first year better than Emma. Once Emma began to improve, Ben began to crash as if he had “permission” to be more demanding. We quickly increased his frequency of therapy, and he was placed on antidepressants much more quickly than Emma was.

Extended Support of Family and Friends: Death, and suicide in particular, is not something most in our culture are comfortable dealing with. It is almost like there is a de facto timeline for grieving, and if you are not done “on time” support evaporates as those who are less immediately affected by the loss leave you in their dust. Children survivors of suicide are, by default, wise beyond their years. This may result in social and emotional asynchrony between your child and his or her friends. Peers may not possess the maturity or emotional tools to accept and support their “transformed” friend, which can add yet another layer of stress to your children’s grief process. The presence of extended family members may also wane over time. For my children, the solution to this was following their lead in engaging in new activities that allowed them to start fresh, be anonymous, not be the kids whose father had killed himself. Both my children began participating in a local sports program one town over from where we live. The new friendships, sense of community, and physical exertion required of such a demanding sport has been a boon to both of their moods. I have also made a concerted effort to continue to engage extended family members in our lives, which both kids regularly say helps.



So I can be painfully present
 In all of your chaos
 Feeling every raw
 uncensored emotion
 You intended me to feel.
 All the nights I've spent with you
 Screaming into my bedroom floor
 As no words came out of my throat
 Feeling my body tremble
 under your pressure
 Forcing me to feel things I thought
 Left best ignored
 Questioning everything from
 Who she was
 To why she did it
 Trying to find peace in such
 a complex madness
 Fighting you and your hunger
 For my fractured vulnerability
 Was like trying to swim
 in quicksand
 Trying to ignore any piece
 of her that would pop up
 And suppressing every tear
 that choked up my throat
 Frantically doing everything I could
 To deny your existence and
 your place in my life
 But every picture
 Every song
 Everything somehow
 reminded me of her
 And the guilt holding me in
 an unwillingly tight embrace
 I couldn't fight your grip for long
 Eventually succumbing
 to the pressure
 Of the waves around me
 I never knew that such
 a deep anger
 Could have place next
 to a seamless peace
 My pillows now stained
 with salty regrets
 And poisoned what if's
 Trying hard to give my-
 self permission to let go
 To keep living
 To move on
 To pull myself out of this
 hole she dragged me in
 Trying to remember
 how to love again
 Wondering if I'm even capable
 of the simplest compassions
 Learning to let myself
 heal at my own pace
 Doing my utmost to show
 myself some grace
 ... and mercy
 Slowly learning what it takes
 To forgive myself.

by Jessica Hochschwender

Upcoming NH Survivors of Suicide Loss Events

14th Annual AFSP International Teleconference Welcomes Survivors at Sites around NH in November 2012



The Saturday before Thanksgiving each year is a day for survivors of suicide loss to unite through grief and healing at the American Foundation for Suicide Prevention's International Survivor of Suicide Day Teleconference. Each year, attendees (anyone who has been affected by suicide loss in any way) watch a televised panel of survivors with various experiences discuss their experience of loss through suicide, and then together with those at their site, share, listen to, learn from, and support each other. It is a day for those who truly understand suicide loss to heal together in whatever way works for them - listening, sharing or just being there. It is also a time to learn about supports and resources for survivors of suicide loss in NH.

In 2012, the event will once again be offered at nine sites throughout NH through a collaborative effort of NH SOSL Support Groups, Suicide Prevention Coalitions, the AFSP NH Seacoast Walk Committee, the National Alliance on Mental Illness NH, the NH Bureau of Behavioral Health, and various community organizations. The event is free of charge. To find a listing of sites and to register please go to www.theconnectprogram.org. For any additional information, please contact Becky at bmcenany@naminh.org.

New Suicide Survivor Bereavement Group Opens its doors in Portsmouth

A new support group has started on the Seacoast! Sponsored by the Seacoast Suicide Prevention Coalition (SSPC), the group is designed to offer support and process feelings during a time of loss offering a forum to help validate, empathize, and communicate with other survivors to help cope with such a vital loss. It is a time to bond and feel supported. Each survivor brings his or her own story and message to help one another grow through the journey of grief and loss. The group meets the second Wednesday of the month at the Community Campus from 6 -7:30 pm and all are welcome. Contact Pamela or Chris to register at SSPCBereavement@gmail.com. For other New Hampshire SOSL Support Groups go to www.theconnectprogram.org.

Team SOS Raises Funds to Support New Hampshire SOSL & Suicide Prevention Efforts



Team SOS, a team comprised of over twenty NH survivors, raised over 11,000 dollars at the 2011 NAMI NH Walk. 100 percent of the funds raised will stay in NH to support NH's ongoing survivor and suicide prevention efforts. In the past year, Team SOS has funded the following projects: suicide prevention DVDs for NH high schools; 100 extra survivor of suicide loss resource folders; materials for a survivor workshop at the upcoming NH Suicide Prevention Conference; and a button maker to launch the "NH Faces of Awareness" Campaign. "Faces of Awareness" is the brainchild of NH Survivor, Ron Hart who hopes that wearing a button with the photo of your loved one will encourage people to open a dialogue about them which, in turn, will lead to education and awareness about suicide. If you would like some buttons with your loved one's picture on it please e-mail Ron your picture or pictures at ggb.tv@comcast.net. If you have a suicide prevention or SOSL project in need of funding, please contact Team SOS at bmcenany@naminh.org for an application. The process is fast and simple!

NH Suicide Prevention Coalitions Welcome New Members

Seacoast Suicide Prevention Coalition - 2nd Wednesday of the month, 5:00 pm, Community Campus in Portsmouth, NH. Contact: Jayde Cherico at Jaydecherico@gmail.com

The Moultonborough Suicide Prevention and Mental Health Coalition - 2nd Wednesday of the month, 4:00 pm, Moultonborough Town Library, Moultonborough, NH. Contact: Peter Whelley at ptw@sau45.org

The North Country Suicide Prevention Coalition - 3rd Tuesday of the month at Weeks Hospital or via conference call. Contact: Becky McEnany at bmcenany@naminh.org

The Raymond Coalition for Youth - 2nd Thursday of the month, 9:00 am, Lamprey Health Care, Raymond, NH. Contact: Celeste Clark at cclark@rcfy.org

Survivor of Suicide Loss Calendar 2012/2013



September 29, 2012– Out of the Darkness Walk, Portsmouth
Contact Ken LaValley to learn more: 603-862-4343 or ken.lavalley@unh.edu.

September 30, 2012 – 9:00 am – NAMIWalks NH 2012, Concord Hospital Campus, Concord
Join NAMI NH in the largest stigma busting statewide event for mental health advocacy in New Hampshire. Support suicide prevention and survivor supports in New Hampshire. Meet other NH survivors – Join Team SOS or form your own team. For more information call 603-225-5359 or visit www.naminh.org.

October 2 - 8th, 2012- Mental Illness Awareness Week, Statewide
In 1990, Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Please go to www.naminh.org for more information about events around NH.

October 13 -14th, 2012 8:30 - 4:30 – SurvivorVoices: sharing the story of suicide loss
NAMI NH will hold a two-day national best practice training for NH survivors of suicide loss who would like to learn to tell their stories safely. By speaking about personal loss, and telling the story about a loved one's life and death, survivors can promote healing and understanding, which in turn supports and encourages suicide prevention efforts. For more information, please go to www.theconnectprogram.org or contact bmcenany@naminh.org

November 9, 2012 – 8:00 am - 4:30 pm – 9th Annual NH Suicide Prevention Conference, SERESC Center, Bedford
The event is presented by the NH Suicide Prevention Council, the Youth Suicide Prevention Assembly and NAMI NH. Scholarships specifically for survivors of suicide loss are available. Contact Bernice at blopez@naminh.org

November 17, 2012 – 12:30-3:30 pm – 14th Annual International Survivors of Suicide Day AFSP Teleconference
SOSL gather at various sites around NH to watch a program together and share in their healing.. To register for any of the 9 NH locations go to www.theconnectprogram.org. You may also watch the webcast online from your home computer; register by going to www.afsp.org.

Spring, 2013 (date TBD) – SurvivorVoices: sharing the story of suicide loss
See above for training information.

April, 2013 (date TBD) – Compassionate Friends Annual Blood Drive, Manchester
Go to www.tcf.org

May 4, 2013 – 3rd Annual Memorial Tree Lighting Ceremony, Stanton Plaza, Manchester
In recognition of Mental Health Awareness month, a tree lighting ceremony was established by SOSL. The tree will stay lit for one week in remembrance of people lost to any cause of death. Bulbs may be purchased in memory of your loved one to raise funds for Greater Manchester Mental Health Center to assist in providing care for those who cannot afford it. Contact Debbie Baird at dbaird2919@yahoo.com

August, 2013 (date TBD) – 11th Annual Paddlepower, Lebanon
Support the West Central Behavioral Health Center in Lebanon by joining this river adventure fundraiser. Paddle your way down 25 miles of the Connecticut River to draw awareness to the tragedy of suicide. Proceeds support the 24/7 emergency crisis intervention services offered to the community by the mental health center. To participate in PaddlePower go to <http://www.paddlepower.org>

August, 2013 (date TBD) – 3rd Annual Ride for Nathan, Derry
Please help spread the message that mental illness is a chronic disease that responds to treatment. Let's ride together to help prevent suicide! Proceeds from this motorcycle ride are being donated to NAMI NH (National Alliance on Mental Illness). Contact Michael Folley at mfolley@comcast.net

September 2, 2013 – Rail Trail Ramble, Lebanon
Support NH's Crisis/Suicide Hotline by joining the walk/bike ride to raise funds for Headrest, Inc. - Headrest, Inc. answers the National Suicide Prevention Lifeline calls for NH (1-800-273-TALK), provides the Upper Valley's 24/7 crisis hotline, and offers addiction and crisis services for those who do not have the ability to pay. For more information, contact Mike Cryans at 603-448-4872 x 110 or mike.cryans@headrest.org.

September 9-13, 2013 - National Suicide Prevention Week - NH activities TBD.
For updates on what is happening in NH for survivors of suicide loss, please go to www.connectprogram.org

RESOURCES FOR NH SURVIVORS OF SUICIDE LOSS

LOSS SUPPORT GROUPS

For group times and locations, please go to www.theconnectproject.org and search Adult Grief Support Groups

CONCORD - Greater Concord Area

Survivors of Suicide Loss Support Group, Contact: Lisa MacNaughton, (603)736-8604 (evenings and weekends), lisamac@metrocast.net or Janyce Demers, (603)625-9459, didorun@myfairpoint.net

GORHAM - North Country SOS Support Group, Contact: Becky McEnany, (800)242-6264 or bm-cenany@naminh.org

HAMPSTEAD - Coping with a Loved One's Suicide, Contact: Dan Wells, (603)553-0119 or dwells5@comcast.net; <http://nhcopingwithsuicide.com>

KEENE AREA

A Safe Place Support Group, Contact: Program Coordinator, (603)357-5510 or pc@samaritansnh.org; www.samaritansnh.org

Suicide Loss Support Group (Brattleboro VT serves SW NH), Contact: Andrea Edwards at (802)257-0775 or brattleborohospice@verizon.net

LEBANON - Upper Valley Survivors of Suicide Support Group, Contact: Maryanne at (802)484-7719 or Michael at (603)795-4435 or uvsos@valley.net

MANCHESTER - Manchester Survivors of Suicide Support Group, Contact: Marsha Chapple at (603)663-6412 (days), (603)232-7606 (evenings), (603)620-4754 (cell) or mahshah@comcast.net

MANCHESTER - Manchester VNA Suicide Bereavement Support Group, Contact: (603)663-4005

GREATER NASHUA AREA - Greater Nashua Area Grieving Survivors of Suicide, Contact: Diane McEntee at (603)673-7425 or (603)978-7846 (cell), leave message for call back or Contact: Maureen Sloan at (603)578-5966 or maureendsloan@gmail.com

NORTH CONWAY - Survivors of Suicide Loss Group, Contact: Denise at (603)356-2324

PLYMOUTH - Plymouth Survivors of Suicide Loss Peer Support Group, Contact: Sue Brothers (603)481-0502

GREATER SEACOAST AREA - Beacon Hospice Healing After Suicide, Contact: Deborah Proulx, (800)416-9207 or dproulx@seacoasthospice.org. Location may vary.

PORTSMOUTH - Suicide Survivor Bereavement Group, Contact: Pamela or Chris to register at SSPCBereavement@gmail.com.

SUPPORT FOR YOUTH

The following is a list of websites and groups in NH that assist with children's grief, but are not necessarily specific to suicide loss.

NATIONAL

Survivors Road2Healing.com - Resources for Children and Teens specific to suicide loss, <http://www.road2healing.com/children.html> click on children survivors

New Hampshire

Children's Good Grief Program - Home Health & Hospice Care Nashua, NH, (800)887-5973, http://www.hhhc.org.servicessupport_groups.php

GAPS (Grieving Assistance Program for Children) - Rochester, NH, (603)335-7777, <http://www.victimsinc.org/gappage.htm>

Hospice at HSC - Keene, NH, (800)541-4145, http://www.hesservices.org/services/hospice/bereavement_support.php

Mountain of Hope - Center Ossipee, NH, (603)569-2729 Ext. 230, http://www.vnahospice.net/news_events.htm

Stepping Stones - VNA of Manchester & Southern NH, Inc., Manchester, NH, (603)663-4005, www.manchestervna.org/hospice_support_groups.asp

INTERNET RESOURCES FOR SURVIVORS LOSS

National Alliance on Mental Illness NH - www.theconnectprogram.org - Click on survivors or email bm-cenany@naminh.org

American Foundation for the Prevention of Suicide (AFSP) - www.afsp.org - Click on surviving suicide loss for general info and on-line support

American Association of Suicidology (AAS) - www.suicidology.org - Click on suicide loss survivors

SAVE - Suicide Awareness/Voices of Education - www.save.org - Click on coping with loss

Suicide Prevention Resource Center - www.sprc.org

Resources for Military and Veterans - www.taps.org or www.realwarrior.net

Music written/performed in memory of those who died young - www.beforetheir-time.org - All sales benefit hospice and suicide prevention efforts

TELEPHONE RESOURCES AND HOTLINES

If you or someone you know is feeling suicidal call (800)273-TALK or 911

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

Military Hotline (National) - (800)273-TALK (8255), press 1

For Support in Spanish - (888)628-9454

Headrest (NH/VT) - (800)639-6095 (24/7)

Headrest Teenline - (800)639-6095 (24/7)

Samaritans, Inc. (NH) - (877)583-8336

Friends For Survival (National) - (800)646-7322