



2015 New Hampshire Survivors of Suicide Loss Newsletter

(Now available online at: <http://bit.ly/1G3kdb3>)

I Will See You

I will see you again,
In the fullness of time.
You'll reach out your
hand,
I will take it in mine.
As together we walk,
All the sorrow-filled
years
Will dissolve as a cloud
In the midst of our
tears.

I will see you again,
We will laugh as before.
I will kiss your dear face,
As I pass through the
door
To a place where you are
And a bright shining sun
Will assure my glad
heart
That my life has begun.

I will see you again,
Though the journey be
long,
I will try for your sake,
To sing my own song.
And for you I'll
endeavor
To live through my pain,
'Til the moment dear
loved one
When I see you again.

Compassionate Friends, Inc.

NAMI NH Welcomes the Newest Members to the SurvivorVoices Speakers' Bureau



In June, six new Survivors of Suicide Loss were trained and have become members of the SurvivorVoices Speakers' Bureau. Through the sharing of their personal stories of losing a loved one to suicide, speakers promote healing and understanding, which in turn supports and encourages suicide prevention efforts. The speakers tell about the life and the death of their loved one, how they coped and continue

to cope with the loss, and what has helped and what has not. The goals of this program are to raise awareness of the risk factors and warning signs for suicide; increase help-seeking behavior; reduce the stigma, shame, and isolation that survivors feel; and teach individuals and communities how to better help survivors and how best to respond to suicide deaths in a sensitive and informed manner. Welcome and congratulations to our six new speakers!

We've also updated the training curriculum with the addition of a SurvivorVoices (SV) "Refresher" Training Video for speakers to refresh and hone their speaking skills if they have not yet spoken, or not spoken in a while, and/or are just looking for some new speaking tips and ideas. Another SurvivorVoices Speakers' training will be held in early spring for veterans, service members and their families. This new initiative will enhance SurvivorVoices by training military and veteran family members to speak publicly and safely about mental health and suicide loss, helping to reduce stigma through the power of telling personal stories. Contact Debbie Baird at dbaird@naminh.org for the SV Refresher Training Video link and other questions about the speakers' bureau.

The New Hampshire Survivors of Suicide Loss (SOSL) Network is a coalition of people bereaved by suicide loss. They are joined by concerned mental health professionals and community members, who help to publicize local and national resources that provide support to Survivors of Suicide Loss. The network is focused on helping those bereaved by suicide with the unique, profound, lingering grief that suicide leaves in its wake, and which those who have not experienced cannot fully understand. This newsletter was made possible through the support of the Friends and Family of Nathan Folley through the Ride for Nathan, the Memorial Tree Lighting Event, the Shawn Doherty Golf Tournament, Team SOS, the Substance Abuse and Mental Health Services Administration (SAMHSA), the New Hampshire Department of Health and Human Services (DHHS) and the many donors who have made contributions in memory of loved ones lost to suicide. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of our funders.

GREAT NEWS!!! Four More Survivors of Suicide Loss Support Groups Established in New Hampshire

Survivors of Suicide Loss (SOSL) support groups give loss survivors great strength in building a foundation for their “new normal”, helping each other to heal, cope, and continue their search for hope in their healing journey. Recognizing and understanding the impact of losing a loved one to suicide is an experience that can only be shared with other loss survivors who have experienced the same thing. The stigma, guilt and shame that can sometimes prevent loss survivors from moving forward can be greatly alleviated through one-on-one support and support groups. For this reason, building capacity for more SOSL support groups is an ongoing and important process. With the help of NAMI NH and the loss survivor network we have added Survivors of Suicide Loss (SOSL) support groups in Durham, Manchester (for veterans, service members, and their families), Plymouth and Portsmouth.

All groups are peer-facilitated and open to adults who have lost a loved one to suicide. Depending upon the group, they meet monthly or weekly. Current support groups are in Concord, greater Nashua, Hampstead, Keene, Lebanon, Manchester (2 locations), and North Conway. More information about SOSL support groups can be found on the www.naminh.org website, or by contacting Debbie Baird at dbaird@naminh.org.



Sharing the Life Keeper Memory Quilts Around the State

The three Memory Quilts have been lovingly made by loss survivors who each crafted a handmade square in memory of their loved one lost to suicide. The quilts were displayed around the state 17 times this year at many loss survivor events, such as SurvivorVoices speaking engagements, the Suicide Prevention Conference, NAMIWalks NH, Compassionate Friends Annual Blood Drive and Garden Social, Paddle Power fundraiser for West Central Behavioral Health, other support groups, the Connect Postvention Training Program, NAMI NH Conferences, the AFSP Out of the Darkness Walks, and the Annual International Survivors of Suicide Loss Day.

Sharing these quilts brings awareness that the faces of suicide are not forgotten and are kept in their families' hearts forever. If you or anyone you know would like to share one or more of these quilts at a loss survivor event, or perhaps would like to help start a fourth quilt to share around New Hampshire, please contact Debbie at dbaird@naminh.org.

Survivors of Suicide Loss (SOSL) Sub-Committee

For the State Suicide Prevention Council (SPC)

Oh, what a year it's been with establishing nine International Survivor of Suicide (ISOS) Teleconference sites, four new loss survivor support groups, 1,053 volunteer hours completed by loss survivors, and the start of our very first monthly conference call for support group facilitators.

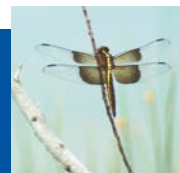
Quite a host of accomplishments this year! Congratulations to all the loss survivors that made all of the above possible. The Sub-committee was honored to speak at the closing ceremony of Paddle Power to talk about the great things the SPC is doing to help with suicide prevention and what the SOSL Sub-committee is accomplishing. Paddle Power is an annual event that support's West Central Behavioral Health's (WCBH) emergency services. Each August, loss survivors and other mental health supporters embark on a two-day paddle trip down the Connecticut River, ending with a Thank You barbecue. This year the three Life Keeper Memory Quilts were proudly displayed along with loss survivor materials and resources.



These courageous and generous paddlers and volunteers raise funds to help educate on suicide awareness and to help keep their crisis line open. This year Michael Whitman, Honorary Chair for Paddle Power, worked to have his long time loss survivor support group merge with WCBH, to expand the much needed support group in the Lebanon area. Michael's support group was the first to start in NH over 20 years ago and it is inspiring to see his ongoing commitment to helping loss survivors in their journey of healing and hope.

Won't you join this awesome SOSL Sub-Committee team of dedicated individuals volunteering and advocating for loss survivors in NH? Please contact Susan Morrison and Debbie Baird, Co-chairs of the SOSL Sub-Committee for more information at sosl4nhspc@gmail.com.

Every fall, people who are passionate about mental illness and suicide prevention walk to raise awareness and funds at the annual American Foundation for Suicide Prevention's Community Walk in Portsmouth and NAMIWalks NH in Concord. Both walks are wonderful opportunities to connect with other loss survivors and raise awareness. Monies raised at the AFSP Walk go primarily to fund national suicide prevention efforts and funds raised at the NAMIWalks NH go to support NH efforts around mental illness, suicide prevention and loss survivor supports. All are welcome whether or not they choose to raise money.



At NAMIWalks NH, loss survivors are welcome to join Team SOS or start their own team to walk in memory of a loved one. To date, in addition to the programs supported by other NAMI NH loss survivor teams, funds raised by Team SOS have specifically funded the following:

- The annual Survivors of Suicide Loss Newsletters,
- 250 folders of resources for new survivors of suicide loss,
- A healing workshop at the NH Suicide Prevention Conference,
- Faces of Awareness button maker and supplies,
- 20 scholarships for loss survivors to attend the NH Suicide Prevention Conference in 2014 and 2015, and
- Hotel accommodations for SurvivorVoices attendees traveling from a distance.

In addition to the Team SOS funds, Community Health and Healing Funds are also available through funding from the NH Bureau of Behavioral Health and SAMSHA'S Youth Suicide Prevention Grant. These funds help support the annual Survivor of Suicide Loss Newsletter, the NH Survivors of Suicide Speakers' Bureau, and the Annual AFSP International Survivor of Suicide Loss Day. NH individuals and communities can apply for financial support for activities and events that provide support to survivors, or that provide assistance following a suicide event or suicidal behavior. For more information, contact Elaine de Mello at edemello@naminh.org.

My Cousin Jake

In March of 2012 I lost my cousin Jake to suicide. I lost him my freshman year of high school, and ever since then I knew I couldn't sit back and not do something to make a difference. I got involved with the American Foundation for Suicide Prevention by raising money and participating in their annual Out of the Darkness community walk in Portsmouth. I started a team in September of 2012, just two weeks before the walk took place. I had my doubts of being able to put together a team on such short notice, but I knew I had to do this not only in honor of Jake, but for all the other families who have been affected by suicide. Every year since then I have continued to get my team together and walk for all those lost, and all the families who have been affected.

Kind, thoughtful, athletic, and caring are only a few words I can begin to use to describe the type of person Jake was. When you were with him he never failed to put a smile on your face. Jake was an active member in his community, whether it was refereeing soccer or being an active member of his church, he was always doing something to give back and help others. "God is bigger than our circumstances", this will always be a quote that comes to mind when I think about Jake. So many people are



going to remember him by this quote. Jake continues to inspire me to be the best person I can be and to constantly give back to my community. After losing Jake I have seen how my family has become closer than ever. We have been each other's biggest supporters through this challenging time, and that shows how important family is.

I was fortunate enough to meet with the Bow School District social worker, Pauline Laliberte, and ask her some questions regarding suicide in Bow. Something that really struck me was when I asked her how she had seen suicide affect our schools and students, she responded saying the trauma. That part isn't what stuck out to me, it was after that when she said, and "we were a community that didn't really identify with suicide". That was so important to me, because I felt the exact same way until I lost my cousin. I never really gave suicide any thought, because I didn't think I would be affected by it. In 2009

the Bow community experienced the loss of two people to suicide, one of which was a student. I hadn't realized how much work the staff did after that. When I asked Pauline what actions our school district had taken towards preventing suicide she told me that they trained the entire high school staff. She went on to tell me that they trained bus drivers, and they had kitchen staff that wanted to be trained. She informed me that they have trained at least 400 people to notice warning signs. Pauline also informed me that they created a protocol that goes into action right when a student or even staff member identifies with suicidal thoughts. Pauline also told me that we have a district response team, and each school has a response team. I am amazed by all the work the school district has done. I am so glad I was able to meet with Pauline and hear about all the great things Bow has done to spread awareness and help train for prevention.

I heard about NAMI NH through my sister who spent time volunteering there for her senior project back in 2010. After that I hadn't heard much about NAMI NH, until I received an email from the American Foundation for Suicide Prevention. This email was an invitation to the International Survivors of Loss Day. I saw the event closest to me was going to be held at NAMI NH in Concord. Since that day I had kept thinking about what NAMI NH was all about, so I looked into their website and



This is my cousin Jake... he enjoyed fun things and fishing was one!



Jake's high school graduation...all the cousins, aunts and uncles together, (Jake, white shirt), Hannah (top row, right end).



One Christmas with all the cousins... Jake in front with Hannah right behind him, fun times!!

found that they did a great deal of work with survivors of suicide loss. As a senior at Bow High School you are required to take a class, Senior Seminar, where you complete one project that can be anything from a community service based project, to a teaching opportunity project. When the time came to choose what I wanted to do with my project I knew it was going to be something with suicide prevention. I remembered back to the email I received and the work I saw NAMI NH did with survivors of suicide loss, and I knew then that I wanted to dedicate my time volunteering there. I got set up to help out with the NAMI Walks committee throughout the time of my project, and I plan to continue my work with the event when the project ends. I have set up a team to walk and raise money for the NAMI Walk. When I emailed NAMI NH I got a response from Deb Baird who works as NAMI NH's primary contact for loss survivors. She and

I were able to set up a time to meet and discuss how I could help out. She has been an amazing help with setting me up with the NAMI Walks committee, giving me this chance to share my story, and also has been such an amazing resource and support through this time.



Hannah Perna, Senior at Bow High School
Deb Baird, Community Educator & Support Specialist at NAMI NH

Do You want to Get Involved, but Don't Know Where to Begin?

Here are some ideas:

Attend

- ✓ AFSP Teleconference
- ✓ NH SP Conference
- ✓ Paddle Power
- ✓ Walks

Join

- ✓ NH SOSL Email List
- ✓ NH Survivors Speaker Bureau
- ✓ SOSL Sub-committee for the State Suicide Prevention Council (SPC) or any other SPC Sub-Committee
- ✓ A Suicide Prevention Coalition

Participate

- ✓ Contribute to SOSL Newsletter
- ✓ Exhibit or transport a Like Keeper Memory Quilt
- ✓ Facilitate/start/join a support group

Share

- ✓ Stories on suicide in your local paper
- ✓ How Community Health and Healing Funds help



To get involved, please contact
Debbie Baird at dbaird@naminh.org

NH Survivors of Suicide Loss Events... Some highlights from this past year!

Thank you to the many NH Loss Survivors who volunteer every day to reach out to new survivors, offer expertise on committees, provide support and facilitate support groups, display the NH Life Keeper Memory Quilts, host and participate in fundraising and awareness events, advocate for suicide prevention, submit writing and photos for the newsletter, help with trainings, and share their personal stories to raise awareness and promote healing. This past year's number of volunteer hours from the Loss Survivor network was 1053 hours. **YOU ARE ALL GREATLY APPRECIATED!**



2015 Compassionate Friends annual blood drive, Manchester, helping to save lives!



4th Annual Memorial Tree Lighting, Concord - honoring those that have passed on.



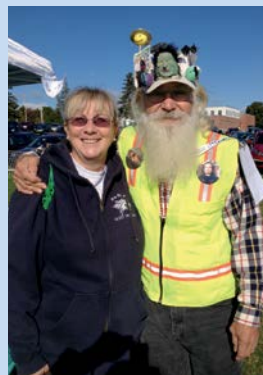
2014 Compassionate Friend's Garden Social, Manchester releasing doves and butterflies signifying all children, siblings and grandchildren that have passed on.



2014 NAMIWalks NH Concord

Survivors of Suicide Loss (SOSL) tent with quilts

Team SOS and Captain Ron Hart



Annual ~ The Ride for Nathan, Manchester to Auburn NH: a motorcycle fundraiser to help spread the message that mental illness is a chronic disease that responds to treatment!

Out of Darkness Walks, American Foundation for Suicide Prevention (AFSP): Upper Valley area, Nashua and Portsmouth (Seacoast area). Walk to raise money for research and education programs to prevent suicide and save lives.

International Survivors of Suicide Loss Day AFSP Annual Teleconference: One day a year when people who are affected by suicide loss gather around the world at events in their local communities for support, information and empowerment.

Annual Paddle Power: Loss Survivors gather and paddle in canoes and Kayaks, 25 miles down the CT River to raise awareness to the tragedy of suicide, supporting West Central Behavioral Health in Lebanon.

Rail, Trail Ramble in Lebanon: Helping to raise funds for Headrest Inc. Headrest answers the National Suicide Prevention Lifeline calls for New Hampshire.

For more calendar events throughout the year, please go to www.naminh.org.

Survivor of Suicide Loss Calendar 2015/2016

Often loss survivors find that attending these activities helps them to connect with other survivors and, as time goes on, many find involvement in advocacy efforts help in their own healing.



November 6, 2015:

The 12th Annual New Hampshire Suicide Prevention Conference

Offering a variety of workshops and plenary sessions for anyone interested in suicide prevention. Survivors of Suicide Loss (SOSL) are encouraged to attend but should keep in mind that the day can be very difficult for loss survivors with recent losses. SOSL scholarships are available. For more information visit, www.naminh.org or contact Debbie Baird at dbaird@naminh.org.

November 21, 2015:

International Survivors of Suicide Loss Day AFSP Annual Teleconference

The Saturday before Thanksgiving will mark the 17th Annual AFSP Survivors of Suicide Loss Teleconference. To attend a location in New Hampshire, host a future site or watch the webcast online, please go to www.naminh.org or www.afsp.org or contact Debbie Baird at dbaird@naminh.org or (603) 545-7267.

December 5, 2015:

Compassionate Friends, Annual Worldwide Candle Lighting

St. Anthony of Padua Church, 172 Belmont St., Manchester, NH. Join members and loved ones as they celebrate their children, siblings, and grandchildren (lost to suicide or any other cause of death). For more information, please contact Shirley Cote at scote98@comcast.net or www.tcfmanchester.org.

August 20 and 21, 2016:

13th Annual Paddle Power, Lebanon

Support West Central Behavioral Health Center in Lebanon by joining this river adventure fundraiser. You'll paddle your way down 25 miles of the Connecticut River to draw awareness to the tragedy of suicide. Proceeds from Paddlepower support the 24/7 emergency crisis intervention services offered to the community by the mental health center. For more information, call (603) 448-0126.

September 4-11, 2016:

42nd Annual National Suicide Prevention Week

Please go to www.naminh.org for more information about events in New Hampshire.

September 4, 2016:

5th Annual Memorial Tree Lighting Ceremony, Concord

In recognition of mental illness and suicide prevention awareness, a tree lighting ceremony was established by survivors of suicide loss and will take place on September 6th to help kick off World Suicide Prevention Week in NH. The tree will stay lit for one week in remembrance of people lost to suicide or any other cause of death. Bulbs may be purchased in honor of your loved one to raise funds for NAMI NH. For more information, please contact Debbie Baird at dbaird@naminh.org.

September 5, 2016:

Rail Trail Ramble, Lebanon

Join and support NH's Crisis/Suicide Hotline by joining the walk/bike ride on Labor Day to raise funds for Headrest, Inc. Headrest answers the National Suicide Prevention Lifeline calls for NH (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, call (603) 448-4872 or email ed.rajsteter@headrest.org.

September 2016:

6th 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 donated to NAMI New Hampshire. Contact Michael Folley at mfolley@comcast.net for more information.

September 2016:

American Foundation for Suicide Prevention Out of Darkness Walk, Pierce Island, Portsmouth (date TBD)

Join the Out of the Darkness Walk to raise money for the American Foundation for Suicide Prevention. Funds raised at this walk primarily support national efforts to understand and prevent suicide through research, education and advocacy. Call (603) 862-4343 or kenlavalley@unh.edu.

September 2016:

Compassionate Friends Annual Garden Social/Walk to Remember, Manchester (date TBD)

This is a special day where members join together with family and friends in our beautiful Children's Butterfly Garden to celebrate and remember all of our children, siblings and grandchildren. www.tcfmanchester.org

For Loss Survivor Events you would like to list on the Calendar, please contact: Debbie Baird at dbaird@naminh.org or call (603) 225-5359, ext. 339 or (603) 545-7267

October 2, 2016:

The 14th Annual NAMI Walks NH, Concord

Join NAMI NH in the largest stigma busting statewide event for mental health advocacy and suicide prevention in New Hampshire. Funds raised at this walk stay in NH to help fund mental health advocacy, suicide prevention efforts and loss survivor outreach and support. Meet other NH loss survivors, join Team SOS or form your own walk team. All are welcome. For more information or to register, call (603) 225-5359 or visit www.naminh.org.

October 2-8, 2016:

Mental Illness Awareness Week (MIAW), Statewide

In 1990, Congress established the first week of October as MIAW in recognition of NAMI's efforts to raise mental illness awareness. Please go to www.naminh.org for more information about events around New Hampshire.

**For more calendar events through the year,
Please go to www.theconnectprogram.org and www.naminh.org.**

RESOURCES FOR NH SURVIVORS OF SUICIDE LOSS

NH SURVIVORS OF SUICIDE LOSS SUPPORT GROUPS

For updated contacts, group times, and locations, please go to www.naminh.org, click on support.

CONCORD - Greater Concord Area Survivor of Suicide Loss Support Group, Contact: Janyce Demers, (603) 625-9459, didorun@myfairpoint.net or Debbie Baird, (603) 545-7267, dbaird@naminh.org

DURHAM - Survivors of Suicide Loss Group, Contact: Sean and Amy, sosldurhamnh@gmail.com

HAMPSTEAD - Coping With A Loved Ones Suicide Group, Contact: (603) 553-0119, dwells@sau81.org

KEENE - A Safe Place Group, Contact: Penny King or Carmen (603) 357-5510, pc@samaritansnh.org

LEBANON - Upper Valley Survivors of Suicide Support Group, Contact: Mary Ann Stanford, (603) 448-0126 Ext. 2180 or UVSOSL@wcbh.org

MANCHESTER - Community & Active Military/Veteran's Loss Survivor Support Group, Contact: Loren Haberski (603) 624-4366 Ext. 2150, loren.haberski@va.gov, or Anne Rodman, (603) 624-4366 Ext. 2159, anne.rodman@va.gov

MANCHESTER - Survivors of Suicide Loss Group, Contact: Marsha Chapple, (603) 232-7606, mahshah@comcast.net

MANCHESTER - VNA Suicide Bereavement Support Group, Contact: Chuck Johnson, (603) 663-4005, cjohnson@elliott-hs-.org

GREATER NASHUA AREA - Greater Nashua/Merrimack Grieving Survivors of Suicide Loss, Contact: Diane McEntee (603) 673-7425, dmcentee1415@gmail.com or Maureen Sloan, (603) 578-596, maureensloan@gmail.com

NORTH CONWAY - Survivors of Suicide, Contact: Denise Leighton, (603) 356-2324, denise@vaughannh.com

PLYMOUTH - Plymouth Survivors of Suicide Loss Group, Contact: Wendy Hill, (603),

PORTSMOUTH - Portsmouth Survivors of Suicide Loss Support Group, contact: Paul Noyes, (603) 770-2987, getsomeshelter@hotmail.com or Candace Stitler, (603) 868-2970, candace@candacepratt.com

YOUTH GRIEF RESOURCES

CHILDREN'S Good Grief Program - Nashua (800) 887-5973, www.hhhc.org

GAPS - (Grieving Assistance Program for Children) ROCHESTER - (603) 335-7777, www.victiminc.org

INTERNET RESOURCES - Survivors Road2Healing.com - www.road2healing.org & The Dougy Center- www.dougy.org

STEPPING STONES - MANCHESTER, NH Bereavement Support Team at (603) 622-3781, www.elliethosp.org

ORGANIZATIONS

Bereaved Parents of the USA - Bereaved Parents of the USA is an organization of families who have grieved the death of a child of any age. NH Chapter - sethschool@comcast.net or call (603) 887-4302

Compassionate Friends - Provides mutual support for parents who have experienced the death of a child (by any means) www.compassionatefriends.org or (877) 969-0010

Hospice Bereavement Support Groups - Many hospices in NH offer general and specific grief groups. Listings can be found at www.nhhpc.org

National Alliance on Mental Illness - NH - Provides outreach and support to NH loss survivor network. www.naminh.org or (800) 242-6264

Victims, Inc. - Offers one on one and group support to families in NH after a traumatic event. www.victiminc.org or (603) 335-7777

MUSIC

The following CDs were produced by survivors for survivors:

Before Their Time - www.beforetheirtime.org (800) 447-3803

Chaos of the Heart - www.musicforthesoul.org or (877) 298-9081

BOOKS

NH residents can access many books on suicide at the NH family Resource Connection at the State Library free of charge. A list of available books can be found at www.theconnectprogram.org or by calling (800) 298-4321

New Hampshire survivor of suicide loss Catherine Greenleaf has published

Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide, St. Dymphna Press, Andover, NH

INTERNET RESOURCES FOR SURVIVORS LOSS

National Alliance on Mental Illness (NAMI) - www.nami.org

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

American Foundation for the Prevention of Suicide (AFSP) - www.afsp.org

American Association of Suicidology (AAS) - www.suicidology.org

GriefNet (Online Support Groups) - www.griefnet.org

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

Suicide Prevention Resource Center - www.sprc.org

The Samaritans, Inc. (NH) - pc@amaritansnh.org

NEW HAMPSHIRE HOTLINES

Teen Hotline: (877) 583-TEEN

Headrest Teenline: (800) 639-6095

NATIONAL HOTLINES

If you or someone you know is feeling suicidal call 911 or the **National Suicide Prevention Lifeline:**

(800) 273-TALK (8255) answered locally in NH by Headrest

For Military: Call **(800) 273-TALK (8255)**, press 1

For Support in Spanish: **(888)628-9454**

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



NAMI New Hampshire

85 North State Street, Concord, NH 03301

(603) 225-5359 ~ 1(800) 242-6264

www.naminh.org ~ www.TheConnectProject.org