



New Hampshire Survivors of Suicide Loss Newsletter

Fall 2011

NH Survivors of Suicide Loss

Dan Wells Receives In My Journey of Hearts Award

In May, at the First Annual NH Suicide Prevention Summit, Dan Wells received the Journey of Hearts Award. As a young boy, Dan lost his mother to suicide and, as a young adult, Dan lost his sister to suicide. His own journey of healing has led Dan to help others in many ways. At the time of his losses, there were no support groups for survivors of suicide loss in NH. Dan (with his father as a co-facilitator) founded the first on-going support group in NH. Initially trained as a German teacher, Dan decided to switch careers to be a High School Guidance Counselor to help teens at risk. Long before the NH Survivors Speaker's Bureau was in existence, Dan shared his story of suicide loss openly in hopes of providing support to other survivors. Dan consistently offers assistance - whether it's calling a new survivor to offer support, talking to the media, helping schools after a tragedy, speaking publicly, hosting a teleconference site or helping with a quilt. Dan has helped survivors on the national level by presenting on the American Foundation for Suicide Prevention's (AFSP) Teleconference panel of survivors and in the making of their DVD included in the Self-Study Guide for Facilitators of Survivor Support Groups.



Veterans Gather to Support One Another and to Honor Those Who have Died by Suicide

On Veteran's Day, a special vigil called "Silent Watch" was held in Veterans Park in Manchester. People gathered to remember and honor veterans who died by suicide and to support their families. Also in November, survivors of suicide loss (military and civilian) gathered at the VA Hospital in Manchester for the 12th Annual International Survivor's of Suicide Day Teleconference. Silent Watch will take place again in 2012 and the VA will again be hosting a teleconference site. For more details on teleconference, please go to NH Survivors Gather for Healing, pg 2. For additional information or to register for any of the 9 teleconference sites in NH go to www.theconnectproject.org. In the search box - type Teleconference.

The New Hampshire Suicide Survivors Network is a coalition of suicide survivors, joined by some mental health professionals, that is helping to publicize local and national resources that provide support to survivors of suicide loss (SOSL). The survivor network is focused on helping each other with the unique, profound, lingering grief that suicide subjects us to, and which those who have not experienced death by suicide cannot understand. This newsletter was made possible through the support of Friends and Family of Nathan Folley, Friends and Family of Joseph James Cummings, The Ryan D. Hicks Foundation, The Martha Fuller-Clark Foundation, the Substance Abuse and Mental Health Services Administration (SAMHSA), and NH Dept. of Health and Human Services. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of our funders.

New Hampshire Survivors Gather for Healing at AFSP Teleconference

On Saturday, November 20, 2010, nine locations in New Hampshire joined over 275 simultaneous conferences for survivors of suicide loss taking place throughout the U.S. and internationally. Close to 200 New Hampshire survivors provided support to each other in Concord, Conway, Hampstead, Portsmouth, Manchester, Merrimack, Moultonborough, Lancaster, and Westmoreland. Gatherings throughout NH are planned for November 19th, 2011 and will include lunch, viewing of the teleconference and time for sharing. The teleconference will feature survivor panelists who will share their stories of loss in the hope that it will help other survivors. Anyone affected by suicide loss is welcome to these free gatherings. Please register at www.theconnectproject.org (in the search box - type teleconference). For those survivors of suicide loss who don't live near a conference site or who find it difficult to attend in person, the 90-minute broadcast will also be available live on the AFSP website at www.afsp.com.

Two New Survivor of Suicide Loss Support Groups Form in Manchester

Attendees at last year's Manchester site for the Annual International AFSP Survivors of Suicide Day Teleconference expressed a need for an ongoing support group in Manchester. To meet this need, Marsha Chapple applied for funding through the Community Health and Healing Fund (for more info on CHH see story on pg 6) to attend a Survivor of Suicide Loss (SOSL) Facilitator training offered through AFSP in Seattle last May. Upon her return, Marsha found a wonderful location at the Brookside Congregational Church in Manchester and held her first monthly meeting in July.

In June, The Mancheser VNA began a second Manchester support group for Survivors of Suicide Loss. This group meets weekly and will follow a 10 week cyclical agenda which provides the flexibility for participants to discuss current topics/issues of concern.

For more information on either of these groups or any other SOSL groups in NH, please go to www.theconnectproject.org and select Adult Grief Support Groups to locate the support group closest to your area.

Survivors Walk to Remember, Honor and Support

On October 2nd, 2011 TEAM SOS will walk together at NAMIWalks in Concord to raise money for suicide prevention efforts and survivor supports in New Hampshire. A team of people, who have been affected by the loss of someone to suicide will walk to honor people they have lost and to help raise awareness about suicide. "It is very empowering indeed just to know you are NOT alone and do not have to be alone on your journey", says Ron Hart, Team SOS Captain. To join or support the team, whether you are a survivor or not, please go to our walk page at www.naminh.org and click on NAMIWalks.



Last year, local survivors organized AFSP Out of the Darkness community walks in Rochester and Portsmouth, NH. Again, this year, on September 24th, 2011, in Portsmouth, NH, survivors joined 230 communities across the country walking to raise funds for the American Foundation for Suicide Prevention. For more information, go to www.afsp.org.



Five Grieving People Looking for Relief

Five grieving people looking for relief.

The first one said,

"I am sad and depressed."

The second one said,

"I cry all the time."

The third one said,

"What is wrong with me?"

The fourth one said,

"I wish I could find peace."

The fifth one said,

"I am up and I am down."

They all walk beside us each and every day.

What can we do?

What can we say?

Call often to check in.

Let them talk about their loss.

Bring some food.

Listen without judgment.

Offer to do a chore.

Take a walk together.

Suggest an outing.

Remember a story about their loved one.

Ask how can I help?

Keep coming back.

*By Penny King
Mother of Noah*

Emily Smith, co-founder of the North Conway NH Survivors of Suicide Loss Group, is a jeweler by trade and uses her art to comfort others.



Conway Survivor of Suicide Loss Offers Comfort Through Art

Emily Smith, survivor and co-founder of the North Conway NH Survivors of Suicide Loss Group, is a jeweler by trade and uses her art to offer comfort for others. Emily created her first pendant (shown in photo) as a remembrance gift for her support group facilitator on the anniversary of the death of her son. She now has them for sale, made to order. The support group is going to donate the funds to either an organization associated with suicide awareness or a scholarship fund in memory of people lost by suicide. If you would like more information, please contact Emily at emblah03@yahoo.com.

A Second SOSL NH Quilt is Created by Ron Hart, Jason's Dad

How can we do this? Who do we call? Who was involved in the creation of the FIRST Quilt? Can we get it done in time for the AFSP (Out Of the Darkness Walk)? Many questions arose and needed to be answered. Ken LaValley came and talked to us about the quilt creation process and we passed the word around through the survivor groups' network for any interest.

May 7, 2011 - Hampstead Library, NH, 9:30 AM – Ken and Dorothy LaValley arrived and got their transfer equipment set up. Other survivors arrived and we looked at pictures of our loved ones who we lost by suicide. “Ohhh, Ahh, very handsome”, “What did they like?”, “So beautiful”, “Looks like they’re having a good time.” It was a festive atmosphere as we remembered our loved ones and told little stories about them, too. One by one we got our quilt transfers finished. Now the quilt squares are ready to be laid out, sewn together and then quilted with a backing. Everyone attending had a great time, sharing their stories of their loved ones and supporting each other.



The quilt squares are arranged during the design phase of the second NH SOSL Quilt.

NH Survivor Creates “Albums of Love” from Loss

After losing her sister Joyce to postpartum depression and suicide, NH survivor Tracy Cullen created an album for her sister's surviving children so they could “feel connected to their Mom, to learn more about who she was, to understand more about the things she loved and to remember how much Tracy loved them.” Inspired by how it changed their lives, she recognized it as her calling to provide every grieving child an album of their parent. Her idea grew into a business called *Albums of Love* which specializes in creating *Grief Healing Albums* for people who have lost a loved one. To learn more, go to www.albumsoflove.com. Tracy serves on the Communications subcommittee of the NH Suicide Prevention Council and the NH Survivors of Suicide Loss Speakers' Bureau.



After losing her sister Joyce to postpartum depression and suicide, NH survivor Tracy Cullen created an album for her sister's surviving children.



A Poem of Non-Acceptance

I hear you in all the conversations
I have
I see you in all the movies
I watch
I read you in all the books
I read
I feel you in all the clothes
I wear
I taste you in all the food
I eat
I smell you in all your things
I put away
What can I do?
If I say your name over and over
will this sorrow
go away
If I talk about losing you
will I find you
If I read every grief book ever
written
will I finally understand
If I listen to all the sad songs
ever sung
will I stop hurting
If I walk a thousand miles
will I be exhausted enough
to sleep
If I cry all my tears
will I finally feel relieved
If I put all your things away
in drawers will
I feel like you are here
If I look at all your pictures will
I forget you not
If I eat your favorite foods
will I not feel so empty
I am exhausted by this grief
I am mad at you
I am a hostage to this grief

*By Penny King
Mother of Noah*

A Father and Son's Experience Over Time: 42 Years as Double Survivors of Suicide and 20 Years in a Support Group by Roger and Dan Wells

Our history with suicide began in 1969 when my wife Ann took an airplane from Tulsa, OK, to Fort Smith, AR, checked into a motel and overdosed on her prescription medication. She had suffered from severe depression for 2-3 years, serious medical problems and personal tragedies. In 1969 there was NO help for survivors. At that time suicide was a taboo subject; there was not a single book in the library or bookstores; there were no organizations like AFSP and certainly no support groups. It was in 1969 that Elizabeth Kubler-Ross published *On Death and Dying*; even though it did not deal with suicide specifically, it was the first book to deal with grief and the grieving process from the loss of a loved one. When Ann died, I had two young children--Dan (7) and Jennifer (3). When Jennifer was 15 she entered a long period of depression and emotional struggle. Over the next 4 years she made about 25 attempts at suicide. In October 1985, when she was 19 years old, she drove from Hampstead, NH, to Marlborough, MA, checked into a motel and took her life by overdosing on her prescription medication as her mother had done. Still without the availability of support groups, we more or less withdrew from society. We "circled the wagons" and tried to support each other in our grief and isolation.

In 1991 a grant from the Alexander Eastman Foundation funded a pilot program for a support group for survivors of suicide at the Center For Life Management (CLM) in Derry. The group met weekly for one year. We joined the group even though our losses were 22 years for Ann and 6 years for Jennifer. When the grant ended, we were told that these groups functioned best when peer facilitated. Dan volunteered to take over as facilitator and I agreed to help as co-facilitator. Since we were used to meeting every week, we continued with that model, and we now have had 20 years experience of meeting weekly as a group.

Just as being a survivor of suicide changes your life forever, being in the support group has also had a life changing effect on us both. It motivated Dan, who had been a high school teacher of German to become a high school Guidance Counselor in order to more directly help high school students who were having difficulties like his sister had experienced. From our involvement in the support group, we both have made suicide prevention and survivor support a lifelong project. We hosted two New England AFSP conferences before the annual AFSP survivor teleconferences began. Dan was on the first AFSP national teleconference panel, and I was on the second one. I served on the executive board of the New England chapter of AFSP for several years before New Hampshire became active in suicide prevention efforts. We also helped in the writing of a book on teen suicide.

In 2005, I was elected to the New Hampshire House of Representatives and worked on the passage of the bill that established the State Suicide Prevention Council. In 2010, I sponsored the legislation that established the Suicide Fatality Review Committee and now serve on both committees. I consider these the most important things I helped accomplish in the legislature. New Hampshire is now a leader in the U.S. in suicide prevention and survivor services. We are lucky to have the extensive programs and dedicated individuals with NAMI NH, YSPA (Youth Suicide Prevention Assembly) and the Suicide Prevention Council.

This brings us to sharing our philosophy of the importance of support groups and the lessons we have learned over these 20 years. We adopted the model we used when it was led by the counselor from CLM, which was a weekly meeting schedule. Over the years we have been told by almost every group member the weekly meetings are something they need, especially in the beginning. The fact they know they are only a few days away from a meeting gives them a sense of comfort. Many do attend weekly but if they have a conflict and can't make a meeting they know they don't have to wait a month for another opportunity. Many have said the meetings are "lifelines" to keep them going and some members actually attend more than one meeting a week in different locations.

Our group is very informal. When a new person comes to the group we each tell our story and then they tell us as much as they are comfortable with. As the group progresses we try to let each person have some time to talk about their week or their issues. Sometimes it is a discussion about any number of other topics. The main thing is this is where everyone feels comfortable since they are talking with others who understand their feelings.

We basically have one rule and that is there are no rules. Members are free to say exactly how they feel and they will not be criticized or told they "should not feel that way." How they feel is how they feel. We just hope we can help them feel better by sharing their pain and helping them to find the gifts they might be overlooking. Over the years we have had just about every situation possible. We have had

members come to the group whose loss was 40 years before and we have had members come the day after the funeral. They all have the same needs just at different stages. It often makes for meaningful discussions to have these different perspectives. We have members who come for just a few weeks and others who have been coming weekly for 4-5 years. The group becomes a safe social network for survivors because they are with people they can feel comfortable with. After some members have been in the group for a period of time, they feel comfortable leading the group. If for some reason both of us must miss a meeting then someone in the group "leads" the meeting, but after a period of time the group sort of "runs itself." The group currently has 32 members on the roster with about 8-10 attending on a typical Friday. We have a large number of active men—at least 50%.

What is very satisfying is the number of people in the group who have taken suicide prevention as a personal project in their lives. Many have become very active in prevention activities attending walks and conferences and organizing fundraising events on their own. They realize being a survivor of suicide is now a part of who they are.

We tell everyone when they first come they are now members of a club whose dues are too high. We are sorry they need to belong, but being with other survivors who "get it" is so much better than grieving alone!

SurvivorVoices - sharing stories of suicide loss, Recognized as National Best Practice Program

NAMI NH's Public Speaking Training for Survivors of Suicide Loss (SOSL), SurvivorVoices - sharing stories of suicide loss, has been accepted to the National Best Practice Registry for Suicide Prevention. SurvivorVoices, - sharing stories of suicide loss, is a two-day training designed to teach those bereaved by suicide how to speak safely and effectively about their experience and loss. Through the sharing of personal stories, survivors of suicide loss provide insight that goes beyond traditional suicide prevention training. These insights can, promote healing for those who are newly bereaved, educate the public about how to support survivors of suicide loss, and increase awareness and understanding of risk factors and warning signs for suicide. In addition to speaking at many events around NH, members of the survivor speakers are an integral component of Connect™ Postvention training. The addition of a passionate speaker with a personal perspective and message targeted for the specific audience (first responders, schools, etc.) gives powerful meaning and emphasizes the importance of the training information. Four NH members of the Survivor Speakers' Bureau were recently taped telling their stories. These recorded stories will be used to help new speakers learn how to tell their stories safely and may occasionally be used with audiences when a speaker is unable to attend an event in person. Trainings for NH survivors who are interested in becoming speakers are held twice a year. Please contact Becky McEnany at bmcenany@naminh.org for more information.

Father Honors Son's Memory by Raising Awareness About Suicide & Mental Illness by Michael Folley

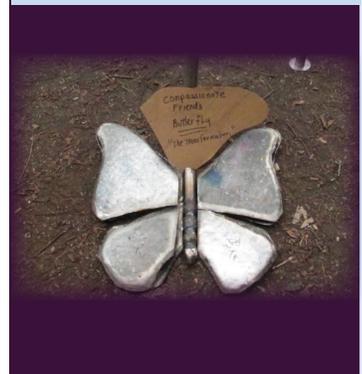
On September 7th, 2010, my 15 year old son, Nathan, died by suicide. Nathan was a fun-loving, outgoing child who had many friends. He was a sophomore at Pinkerton Academy. Nathan loved dirt-biking and playing Xbox; he always made people laugh and had a smile for everyone.

On August 21st 2011, we held the 1st Annual Ride for Nathan. I chose a motorcycle ride because Nathan loved my Harley Davidson motorcycle and he was my 1st passenger on the motorcycle. I thought the motorcycle ride would be a great way to honor Nathan's memory. The ride began at Manchester Harley Davidson and ended with a barbecue and raffle of donated items for riders and non-riders at Steve-N-James in Derry.

I want to be able to give back to the community and decided to organize this event, so people could come together; engage in promoting suicide prevention and raise awareness in the Derry community. Proceeds from this motorcycle ride will be donated to NAMI NH.



Ron Hart Works on a Butterfly Sculpture that he and his nephew are creating in honor of Ron's son, Jason.



The finished sculpture was installed at Compassionate Friends during their Garden Social in September 2011.



The Transformation

Upcoming NH Survivors of Suicide Loss Events

Training Available for Those Interested in Starting a Survivors of Suicide Loss Support Group for Adults or Children

AFSP offers several courses for people who are interested in facilitating bereavement support groups for survivors of suicide loss of all ages. For many years they have offered a two-day course for people interested in adult group facilitation. More recently, in collaboration with the Dougy Center, The National Center for Grieving Children and Families, they are offering a new hands-on training program designed for adults who are interested in learning the how-to's of creating and facilitating a peer support group for children and teens ages 5-18. The two-day program is conducted by experts in the field of childhood bereavement and experienced support group facilitators combining lecture, interactive discussion and practice activities with individualized feedback.

For anyone who is interested in starting a group and taking either training, please contact Becky McEnany at bmcenany@naminh.org. Limited funding is available to assist attendance at the trainings and provide technical assistance in starting a group. If you are unable to attend training and would like to borrow the AFSP Facilitator's Self-Study Guide, it is available through the Family Resource Connection at the NH State Library at FRC@library.state.nh.us or by calling 1-800-298-4321. This training will be coming to Boston in December 2011.

Funding Available to Promote Healing and Reduce Risk After Suicide

The Community Health and Healing Fund helps to promote healing and reduce risk following a suicide death. Most recently the funds have been used to support the following activities: a survivor of suicide loss group facilitator training sponsored by AFSP with the purpose of starting a group in Manchester; a film screening of Sensation of Sight in Bethlehem; and postvention efforts for the Seacoast Suicide Prevention Coalition region. The funds are limited to activities that engage community response in assisting with the healing process and reducing risk of suicide. Communities, coalitions and support groups are encouraged to apply for monies to help support any activity they feel will promote suicide postvention efforts. Community Health and Healing Funds are made available through the support of the NH Department of Health and Human Services (DHHS), Bureau of Behavioral Health (BBH) and the Substance Abuse and Mental Health Services Administration (SAMHSA) Garrett Lee Smith Memorial Grant Fund. To obtain the criteria for applying, contact Becky McEnany, 800-242-6264 or bmcenany@naminh.org



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

Here are some ideas:

*Attend an event:
Walks, AFSP Teleconference,
Paddlepower, NH Suicide
Prevention Conference*

*Join the NH
SOSL email list*

*Start or participate in a
Suicide Prevention Coalition*

Contribute to this newsletter

*Exhibit or transport
a survivor quilt*

*Attend a support group
or start your own*

*Let us know about stories
on suicide in your local papers*

*Join the NH Survivors
Speaker Bureau*

*Be trained as a Victim's Inc.
Volunteer*

*Apply for Community Health
and Healing Funds
for your
own community healing idea*

**To get involved, please
contact Becky McEnany at
bmcenany@naminh.org
or join a SOSL
conference call
(see page 7)**

NH Suicide Prevention Coalitions Welcome

New Members

Seacoast Suicide Prevention Coalition - 3rd Wednesday of the month, 6:00-8:00 pm, Cross Roads House, Portsmouth, NH. Contact: Susan Turner at sturner@rcaction.org

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 conference call. Contact: April Allin at aallin@nchcnh.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 Calender 2011/2012

September 24, 2011 - AFSP Out of the Darkness Walk, Portsmouth, NH - Join the walk to raise money for the American Foundation for Suicide Prevention. Contact Ken LaValley at ken.lavalley@unh.edu

October 2, 2011 - 9:00 am - NAMIWalks NH 2011, NH Hospital Campus, Concord, NH - Join NAMI NH in the largest stigma busting statewide event for mental health advocacy in New Hampshire. Start your own team or join Team SOS. This 5k walk through the capital city begins and ends at the NH Hospital grounds in Concord. For more information or to register, Contact: Win Saltmarsh at 603-225-5359 or visit www.naminh.org

October 22-23rd, 2011 - SurvivorVoices, - sharing stories of suicide loss, Concord, NH - NAMI NH will hold a two day training for survivors who would like to learn to tell their stories safely. To register or for more information, please contact Becky McEnany at 603-225-5359 or by email at bmcenany@naminh.org

November 4th, 2011 - 8th Annual State Suicide Prevention Conference, SERESC Conference Center, Bedford, NH, Contact: Cindi LaPointe by email at Cindi.j.Lapointe@dartmouth.edu - For info on a North Country satellite videoconference location, contact bmcenany@naminh.org

Spring 2012 - SurvivorVoices, - sharing stories of suicide loss, date and location TBD - To register or for more information, please contact Becky McEnany at 603-225-5359 or by email at bmcenany@naminh.org

Spring 2012 - 2nd Annual NH Suicide Prevention Summit, date and location TBD

August, 2012 - 9th Annual PADDLEPOWER. Help raise awareness about suicide and raise money to support West Central Behavioral Health's Emergency Services program 603-448-0126.

For updates on what is happening in NH for survivors of suicide loss, please join our conference call (1-800-704-9804 and enter code 326118#) at noon on the following dates: October 12th, 2011, December 14th, 2011 and February 8th, 2012, April 11, 2012, June 13th, 2012 and August 8th, 2012



NEW HAMPSHIRE
15 Green Street, Concord, NH 03301
(603) 225-5359 ~ 1(800) 242-6264
www.naminh.org ~ www.TheConnectProject.org

RESOURCES FOR SURVIVORS OF SUICIDE LOSS NH

NH SURVIVORS OF SUICIDE

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

EXETER - Healing After Suicide, Contact: Deborah Proulx, 800-416-9207 or dproulx@seacoasthospice.org

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

HAMPSTEAD - Coping with a Loved One's Suicide, Contact: Dan Wells, 603-329-5276 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 maureend-sloan@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: Marcia VanderMast, 603-764-4352 or Sue Brothers 603-481-0502

SUPPORT FOR YOUTH

The following is a listing 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 suicidelloss, <http://www.road2healing.com/children.html>

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>

GriefNet - an online support group and resource information - www.griefnet.org Click on adult or child support groups, then unique losses

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.theconnectproject.org - Click on get help or email bmcenany@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

GriefNet - an online support group and resource information - www.griefnet.org Click on adult or child support groups, then unique losses

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

Before Their Time - Music written/performed in memory of those who died young - www.beforetheirtime.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