



# 2017 New Hampshire Survivors of Suicide Loss Newsletter

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

## YOU CAN GO ON

You can shed tears  
that they've gone,

Or you can smile  
because they lived.

You can close  
your eyes and pray  
they'll come back,

Or you can open  
your eyes and see all  
they've left behind.

Your heart can be  
empty because you  
can't see them.

Or your heart can be  
happy for tomorrow  
because of yesterday.

You can remember  
them and only that  
they're gone,

Or you can cherish  
their memory  
and let it live on.

You can cry and close  
your mind, be empty  
and turn your back,

Or you can do what  
they'd want:

Smile, open your  
eyes, love and go on!

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## EXCITING NEWS! New SurvivorVoices Young Adult Speakers Program has begun!

The NAMI New Hampshire SurvivorVoices Speakers Bureau now includes six young adult presenters. In 2008, NAMI NH created the SurvivorVoices Speakers Training Program in the Granite State and the program has since gone national. States across the country now have many trained SurvivorVoices Speakers.

In October, NAMI NH launched the first SurvivorVoices Young Adult Speakers training with six new participants, ages 16-22. This program is designed for both youth 14-18 years of age and young adults 18-25. New speakers are trained safely to share their stories from the heart – they are powerful and will help raise awareness for suicide prevention, reduce stigma around mental illness, and promote healing for all loss survivors. Increasingly, youth and young adults want to stand up and talk about suicide to help others, by sharing their personal story of suicide loss. CONGRATULATIONS Jeremy Fenn, Madison Hendrick, Seth Noyes, Erica Sherman, Jasmine Terrell, and Madison Young! Welcome to the NAMI NH SurvivorVoices Speakers Bureau!

This year, more than forty trained SurvivorVoices speakers have shared their stories across New Hampshire – in many different venues. The newly trained young adult speakers will participate in the State Suicide Prevention Conference on November 17, 2017.

For more information regarding the SurvivorVoices program, please contact Debbie Baird at (603) 545-7267 or [dbaird@naminh.org](mailto:dbaird@naminh.org).

The New Hampshire Survivors of Suicide Loss (SOSL) Network is a coalition of individuals bereaved by suicide loss. They are joined by concerned mental health professionals and community members, who help publicize local and national resources that provide support. The network is focused on helping those bereaved with the profound, lingering grief that suicide leaves in its wake, which those who have not experienced cannot fully understand. This newsletter was made possible by the support of 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 Administration (SAMHSA), the New Hampshire Department of Health and Human Services (DHHS) and the many donors who 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.



## 15 SOSL Support Groups in NH and Building Capacity for More!

**We wish to recognize and thank all of these terrific SOSL Support Groups in NH!**

(For support group information and additional resources, please refer to the back page or visit [www.naminh.org](http://www.naminh.org))

Building capacity to increase Survivors of Suicide Loss (SOSL) Support Groups is an ongoing process, with the newest group in Peterborough NH. The SOSL Subcommittee of the Suicide Prevention Council (SPC) helps to build and sustain capacity by offering bimonthly conference calls to the trained support group facilitators to help with support and comfort. Emotional safety is always considered for all in the SOSL Support Groups, but especially for those who help to facilitate these groups. Facilitators may face unexpected challenges and concerns that arise within the diversity of each group, and it's important they feel supported, practice self-care and know help is available for them, and for their support groups. To learn more about the SPC SOSL Subcommittee, please contact Susan Morrison or Debbie Baird at [sosl4nhspc@gmail.com](mailto:sosl4nhspc@gmail.com).



*Claremont SOSL Support Group  
Facilitator – Pam Lain*



*Concord SOSL Support Group  
Co-Facilitators –  
Janyce Demers and Deb Baird*



*Winnepesaukee (Lakes Region)  
SOSL Support Group  
Co-Facilitators –  
Jen Grace and Stacey Elliott*



### Other SOSL Support Groups in NH are:

Durham SOSL Support Group  
Facilitator – Amy Olivia

Hampstead SOSL Support Group  
Co-Facilitators – Dan and Roger Wells

Lancaster SOSL Support Group  
Co-Facilitators – Richard and Sara Cotter

Manchester SOSL Support Group  
Facilitator – Marsha Chapple

Manchester VNA SOSL Support Group  
Facilitator – Chuck Johnson

Manchester Community &  
Active Military SOSL Support  
Group Facilitator – Beth Alves

North Conway SOSL Support Group  
Facilitator – Denise Leighton

Peterborough SOSL Support Group  
Facilitator – Marguerite Cheney

Plymouth SOSL Support Group  
Facilitator – Barbara LaFlamme



*Keene – A Safe Place  
SOSL Support Group  
Co-Facilitators –  
Penny King and Carmen Trafton*



*Nashua SOSL Support Group  
Co-Facilitators – Maureen  
Sloan and Diane McEntee*



*Portsmouth SOSL Support Group  
Co-Facilitators – Paul Noyes  
and Candace Stitler*





**Connor Ball**



**Tara and Drew Ball**



**Connors Climb 2017**

## CONNOR'S CLIMB FOUNDATION FOR YOUTH SUICIDE PREVENTION!

The nonprofit Connor's Climb Foundation is dedicated to ending youth suicide, the second leading cause of death for young people in NH. The foundation's namesake, Connor Ball, died by suicide at the age of 14 in 2011 while a freshman at Exeter High School. Connor's mother, Tara Holmes Ball, and a group of dedicated friends began their work to prevent suicide with a 5K race to raise awareness and to fund the SOS Signs of Suicide program in any New Hampshire school committed to implementing the evidence-based program.

The foundation believes everyone plays a part in suicide prevention, and has provided the SOS program free of charge to dozens of schools – the work honors the memory of Connor and all of those young people who died by suicide, while giving young people the tools they need to take care of themselves and to know what to do when they, or a friend, are struggling.

The foundation hosts a 5K race and walk in Exeter each spring to raise awareness and connect with the community. This November, Connor's Climb Foundation will partner with the UNH Women's Ice Hockey Team, The Benny Fund, and the NH Chapter of the American Foundation for Suicide Prevention to host a "Stick it to Stigma" hockey game to further raise awareness about mental health. Connor's Climb Foundation is proud to be part of the coalition of organizations working to stop suicide and remove the stigma associated with mental illness in New Hampshire, because no one entity can solve this health crisis. To learn more about Connor's Climb Foundation visit [www.connorsclimb.org](http://www.connorsclimb.org) or email the Executive Director, Meg Downey, at [director@connorsclimb.org](mailto:director@connorsclimb.org).

### TEAM SOS: JOIN OUR EFFORTS!!!!

Individuals who are directly, and indirectly, affected by suicide loss are motivated to raise awareness for mental illness and suicide prevention. During the fall Walk season, Team SOS offers wonderful opportunities to connect with other loss survivors. It is helpful and empowering to know that you are NOT ALONE on your journey. Funds raised by the NAMI Walks NH Team SOS go to support education and advocacy provided by NAMI New Hampshire for individuals, and families, affected by mental illness and suicide, including suicide prevention efforts and loss survivor supports.

At NAMI Walks NH, loss survivors are invited 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
- 250-300 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
- Hotel accommodations for SurvivorVoices attendees traveling from a distance



**Team SOS**



## WELCOMING THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP) CHAPTER TO NH!

The AFSP New Hampshire Chapter, chartered in October 2015, is 100% volunteer run. All board members are either survivors of loss, caregivers to those with mental illness, or working in the mental health field. The Board Chair is Lisa Riley, founding member of the chapter.

This fall's Out of the Darkness Community Walks were held in Concord, Portsmouth, Nashua, and the Lakes Region/Laconia and also in Keene on Veterans Day (hosted by Ruck Up). Campus Walks, this past spring, were held at Dartmouth, SNHU, and New England College. These walks raise awareness about the importance of mental health and suicide prevention, and engage the college community in a dialogue to end the stigma of seeking help.

The Board aims to put the Interactive Screening Program (ISP) in any college/university that wants it. The ISP is a web-based platform that provides a safe and secure way for students to connect with a campus-based mental health professional. The Chapter will be funding ISP in NH.

Soul Shop Suicide Prevention Program held on 11/2/17 at St. Paul's Episcopal Church in Concord is a 'first of its kind' prevention program in New England. The training is geared toward clergy, faith educators, and those working/volunteering in faith formation. AFSP NH continues to co-sponsor full day programming for Youth Mental Health First Aid in a joint effort with UNH's Cooperative Extension and their 'Project Aware' initiative. The State of New Hampshire was represented in DC at the AFSP Public Forum. The 4-day forum included preparing attendees to talk with lawmakers about why mental health and suicide prevention initiatives are an imperative. AFSP NH also hosted the 1st State Capitol Day in Concord. For more information on this chapter, please contact: Lisa Riley, lriley0326@gmail.com.

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

#### Here are some ideas:

##### Attend

- Walks
- AFSP Survivor Day
- NH Suicide Prevention Conference
- Paddle Power

##### Join

- NH SOSL Email list
- NH Survivors Speakers Bureau
- SOSL Sub-committee for the State Suicide Prevention Council (SPC)
- Another SPC Sub-committee
- A Suicide Prevention Coalition

##### Participate

- Facilitate, start, or join a support group
- Exhibit or transport a Survivor Quilt
- Contribute to the SOSL Newsletter
- Share your story through public advocacy

##### Share

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

For more information, contact Debbie Baird: dbaird@naminh.org



Kim Mihelich (l), Senator Hassan (c) and Lisa Riley (r)



AFSP Facilitator Support Group Training



Jenn Miller (l), Tara Ball (c) and Lisa Riley (r)

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

Thank you to the many NH Survivors of Suicide Loss who volunteer every day to reach out to new survivors and their communities, 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 for suicide prevention and promote healing. YOU ARE ALL GREATLY APPRECIATED!!



In July, Willows Run hosted a 5k Walk/Run to help raise funds and awareness for suicide prevention in honor of a dear friend lost to suicide. Each year the proceeds go to organizations that believe in their cause and mission to help prevent suicide.



## NH Survivor of Suicide Loss Events...*highlights continued!*



### **Paddle Power**

A 25 mile kayak ride down the CT River to benefit West Central Behavioral Health including their crisis line.



### **Phillips Ride**

The Combat Veteran's Motorcycle Association, Chapter 5-5 in Lebanon held a 120 mile ride to honor a young man named Phillip, a Veteran who died by suicide.



### **7th Annual Memorial Tree Lighting Ceremony**

– by Jenn Klember and Deb Baird

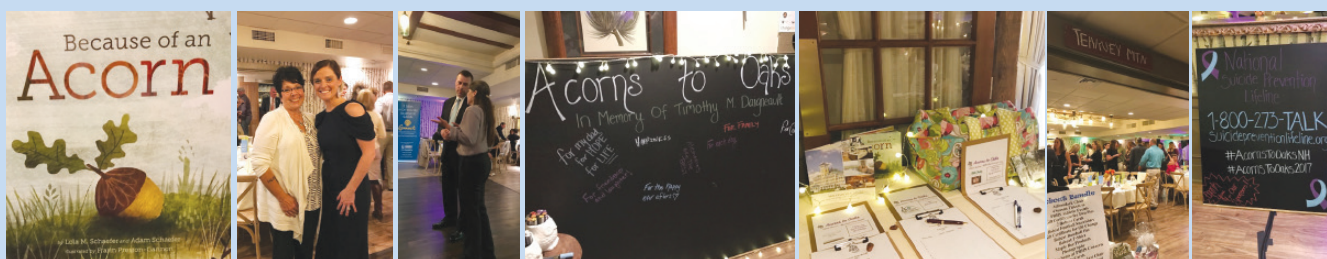


### **NAMI NH 15th Annual Walk**

1200 walkers joined together to help raise awareness and reduce stigma for mental illness and suicide. A glorious day!



### **Greater Nashua American Foundation for Suicide Prevention (AFSP) Out of Darkness Walk**



Michelle Thompson lost her Dad, Timothy Daigneault, to suicide last year. She wanted to help her family and community to heal. She organized a beautiful and fun event to include dinner, dancing, raffles and a silent auction. All to help raise awareness and reduce the stigma for suicide prevention and mental illness.



# Connect Suicide Prevention and Postvention Training

## Featuring Connect Youth Leaders!

NAMI New Hampshire's Connect Suicide Prevention and Postvention Program has been providing training and consultation in NH and across the country for over a decade. One offering, The Connect Youth Leader Training, brings teens together with adults to lead a Connect Suicide Prevention training for their peers, as well as adults, in their school and community. Communities throughout NH, and across the country, have participated in this program. Over the past year, Connect Youth Leaders have gone beyond training to other initiatives, including:

Prospect Mountain High School (PMHS), Alton, NH: Developed a Safe Messaging Suicide Prevention Campaign, which received an award and national attention. Additionally, these students worked with the Partnership for Public Health and the Student Assistant Program (SAP) Coordinator at PMHS to develop a strategy for re-addressing the need for safe messaging and de-stigmatizing language when talking about suicide.

Franklin and Gilford High Schools, NH: Worked with the Partnership for Public Health to raise funds to bring Kevin Hines, national speaker and attempt survivor, in as a speaker for two school-based community presentations. Students from five of the seven public high schools in the region attended, making this one of the largest suicide prevention regional events in the Winnepesaukee Region to date.

Belmont, NH: Helped facilitate a community discussion on suicide prevention awareness and education while disseminating National Suicide Prevention Lifeline (NSPL) information and other local and state resources. They are currently working with the SAP Coordinator, the health teacher and the Partnership for Public Health on a suicide awareness Public Service Announcement (PSA) that will promote understanding of suicide as a public health issue, that all community members have a role in preventing.

When youth are empowered with best practices and knowledge about suicide prevention, they are strong partners in creating a safety net in our schools and communities! Learn more at [www.TheConnectProgram.org](http://www.TheConnectProgram.org).



*Youth Leaders sharing at the 2016 Suicide Prevention Conference*



*Newly Trained Connect Youth Leaders*



*Franklin High Connect Youth Leaders*



*2017 Franklin and Gilford High Schools came together to raise funds to bring Kevin Hines to their schools.*



# NH Survivor of Suicide Loss Annual Calendar

*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.*



**December 10, 2017:**

## **Compassionate Friends Annual Worldwide Candle Lighting, Manchester**

St. Anthony of Padua Church, 172 Belmont St., Manchester. Join members and loved ones as they celebrate their children, siblings, and grandchildren. Contact: Shirley Cote at [Scote98@comcast.net](mailto:Scote98@comcast.net) or [www.tcfmanchester.org](http://www.tcfmanchester.org).

**April 2018 (Date TBD):**

## **Annual Compassionate Friends Blood Drive, Manchester and Nashua**

Each year this blood drive helps to honor children, siblings, and grandchildren by giving the gift of life in their memory. Many Survivors of Suicide Loss help to participate in this drive. For more information, contact: Shirley Cote at [scote98@comcast.net](mailto:scote98@comcast.net).

**May 2018 (Date TBD):**

## **Annual Connor's Climb, Exeter**

The funds raised from Connor's Climb help to provide educational programs directed toward preventing suicide. This 5k & family walk is the result of their commitment to end youth suicide. For more information, visit: [www.connorsclimb.org](http://www.connorsclimb.org)

**July 2018 (Date TBD):**

## **3rd Annual Willow's Run, Northwood**

This Walk/Run, was put together by a brother and sister who lost their dear friend to suicide a few years ago. This helps to raise awareness for suicide prevention and helping loss survivors. Each year Willow's Run donates to a different organization that helps communities in NH with these same efforts.

**August 18 and 20, 2018:**

## **15th Annual Paddle Power, Lebanon**

Join the West Central Behavioral Health Center's river adventure fundraiser. Paddle your way 25 miles down 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 center. For more information, call (603) 448-0126.

**September 9, 2018:**

## **7th 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 to remember our loved ones lost to any cause. Light bulbs may be purchased; proceeds of this fundraiser go to NAMI NH, contact: Debbie Baird, [dbairdsellsnhre@gmail.com](mailto:dbairdsellsnhre@gmail.com) or Jenn Klember, [jennklember@gmail.com](mailto:jennklember@gmail.com).

**September 2018 (Date TBD):**

## **Annual Rail Trail Ramble, Lebanon**

Help support NH's Crisis/Suicide Hotline by joining the walk/bike ride to raise funds for Headrest, Inc. Headrest answers the National Suicide Prevention Lifeline calls for NH (800) 273-8255, 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](mailto:ed.rajsteter@headrest.org).

**September 8-16, 2018:**

## **Annual National Suicide Prevention Week**

Please go to [www.naminh.org](http://www.naminh.org) for more information about events in New Hampshire.

**September 15, 2018:**

## **Compassionate Friends Annual Garden Social/Walk to Remember, Manchester**

A special day where members join together with family and friends in a beautiful Children's Butterfly Garden to celebrate and remember all children, siblings and grandchildren, lost to any cause. For more information, visit [www.tcfmanchester.org](http://www.tcfmanchester.org).

**September 30, 2018:**

## **16th Annual NAMIWalks 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 NAMIWalks NH stay in NH to help fund mental health advocacy, suicide prevention efforts and Survivors of Suicide Loss outreach and support. Meet other Loss Survivors, join TEAM SOS or form your own walk team. For more information or to register, visit [www.naminh.org](http://www.naminh.org) or call (603) 225-5359.

**September 2018 (Date TBD):**

## **2nd Annual Phillips Ride, Lebanon**

Please join the Combat Veterans Motorcycle Association Chapter 5-5 of Lebanon to help raise awareness for suicide prevention. This ride will honor a loved one and their family they lost to suicide. Proceeds raised go to help with those affected by mental illness and suicide.

**September 2018 (Dates TBD):**

## **American Foundation for Suicide Prevention (AFSP), Annual Out of Darkness Walks. Locations are Concord, Laconia, Keene, Nashua, Portsmouth and Hanover**

Support and raise awareness that allows AFSP to invest in new research, educational programs, advocate for public policy and support survivors of suicide loss. For more information go to [www.afsp.org](http://www.afsp.org)

**October 7-13, 2018:**

## **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](http://www.naminh.org) for more information about events around New Hampshire.

**November 16, 2018:**

## **15th Annual NH Suicide Prevention Conference, Concord**

Offering a variety of workshops and plenary sessions for anyone interested in suicide prevention. Survivors of Suicide Loss (SOSL) are encouraged to attend. Keep in mind this day can be difficult for loss survivors with recent losses. SOSL scholarships are available. For more information, please contact Debbie Baird at [dbaird@naminh.org](mailto:dbaird@naminh.org).

**November 17, 2018:**

## **American Foundation For Suicide Prevention (AFSP) Annual International Survivors of Suicide Loss Day**

Held each year the Saturday before Thanksgiving, Survivor Day is one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope. To attend a location in NH, please go to [www.afsp.org](http://www.afsp.org) for more information.

# 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](http://www.naminh.org), click on support.

**CLAREMONT** – Greater Sullivan Survivors of Suicide Loss Support Group, Contact: Pam Lain (603) 477-8822, [pam.lain@gmail.com](mailto:pam.lain@gmail.com)

**CONCORD** – Survivors of Suicide Loss Support Group, Contact: Janyce Demers, (603) 860-8490, [didorun@myfairpoint.net](mailto:didorun@myfairpoint.net) or Debbie Baird, (603) 545-7267, [dbaird@naminh.org](mailto:dbaird@naminh.org)

**DURHAM** – Survivors of Suicide Loss Group, Contact: Amy, [sosldurhamnh@gmail.com](mailto:sosldurhamnh@gmail.com)

**HAMPSTEAD** – Coping with A Loved One to Suicide Group, Contact: Dan Wells (603) 553-0119, [dwells@sau81.org](mailto:dwells@sau81.org)

**KEENE** – A Safe Place SOSL Support Group, Contact: Penny / Carmen, (603) 357-5510, [pc@samaritansnh.org](mailto:pc@samaritansnh.org)

**LACONIA** – Winnepesaukee Survivors of Suicide Loss Support Group, Contact: Stacey Elliott, (603) 512-2208 or Jennifer Grace, (603) 396-0551

**LANCASTER** – North Country Survivors of Suicide Loss Support Group, Contact: Sara Cotter, (603) 631-5629, or Richard Cotter, (603) 219-8912

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

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

**MANCHESTER** – Community & Active Military/Veteran's Loss Survivor Support Group, Contact: Beth Alves, (603) 624-4366, ext. 2150 or [beth.alves@va.gov](mailto:beth.alves@va.gov)

**GREATER NASHUA** – Merrimack Survivors of Suicide Loss, Contact: Diane McEntee, (603) 673-7425, [dmcentee1415@gmail.com](mailto:dmcentee1415@gmail.com), or Maureen Sloan, (603) 578-5966, [maureendsloan@gmail.com](mailto:maureendsloan@gmail.com)

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

**PETERBOROUGH** – Survivors of Suicide Loss Support Group, Contact: Marguerite Cheney, (603) 532-8353, [mcheney@hcsservices.org](mailto:mcheney@hcsservices.org)

**PLYMOUTH** – Central NH SOSL Group of Plymouth, Contact: Barbara LaFlamme, [centralnhsosl@yahoo.com](mailto:centralnhsosl@yahoo.com)

**PORTSMOUTH** – Portsmouth Survivors of Suicide Loss Support Group, Contact: Paul Noyes, [getsomeshelter@hotmail.com](mailto:getsomeshelter@hotmail.com), (603) 770-2987 or Candace Staelier, [candace@candacepratt.com](mailto:candace@candacepratt.com), (603) 868-2970

## YOUTH GRIEF RESOURCES

### Children's Good Grief Program

Merrimack, (800) 887-5973, [www.hhhc.org](http://www.hhhc.org)

## INTERNET RESOURCES

Survivors Road2Healing.com – [www.road2healing.org](http://www.road2healing.org)  
& The Dougy Center – [www.dougy.org](http://www.dougy.org)

### STEPPING STONES – MANCHESTER

Bereavement Support Team at (603) 622-3781, [www.elliiothosp.org](http://www.elliiothosp.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, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org), (603) 887-4302

**Compassionate Friends** – Provides mutual support for parents who have experienced the death of a child (by any means) (877) 969-0010, [www.compassionatefriends.org](http://www.compassionatefriends.org)

**Hospice Bereavement Support Groups** – Many hospices in NH offer general & specific grief groups. Listings can be found at [www.nhhpc.org](http://www.nhhpc.org)

**National Alliance on Mental Illness NH** – Provides outreach & support to NH loss survivor network, [www.theconnectprogram.org](http://www.theconnectprogram.org), [www.naminh.org](http://www.naminh.org), (800) 242-6264

**Victims, Inc.** – Offers one on one and group support to families in NH after a traumatic event. [www.victimsinc.org](http://www.victimsinc.org), (603) 335-7777

## BOOKS

NH residents can access many books on suicide at the NH family Resource Connection at the State Library free of charge. 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 OF SUICIDE LOSS

National Alliance on Mental Illness (NAMI) – [www.nami.org](http://www.nami.org)  
National Alliance on Mental Illness NH (NAMI NH) – [www.naminh.org](http://www.naminh.org)  
American Foundation for Suicide Prevention (AFSP) – [www.afsp.org](http://www.afsp.org)  
Grief Net (Online Support Groups) – [www.griefnet.org](http://www.griefnet.org)  
SAVE – Suicide Awareness/Voices of Education – [www.save.org](http://www.save.org)  
Suicide Prevention Resource Center – [www.sprc.org](http://www.sprc.org)  
The Samaritans, Inc. (NH) – [pc@samaritians.org](mailto:pc@samaritians.org)

## NEW HAMPSHIRE HOTLINES

Teen Hotlines (877) 583-TEEN  
Headrest Teenlines (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 in NH by Headrest  
For Military: Call (800) 273-TALK (8255), press 1  
For support in Spanish: (888) 628-9495  
Friends for Survival (National): (800) 646-7322



Scan code and link to previous NH Survivors of Suicide Loss Newsletters.



**NAMI** New Hampshire

85 North State Street, Concord, NH 03301  
(603) 225-5359 ~ 1(800) 242-6264  
[www.naminh.org](http://www.naminh.org) ~ [www.TheConnectProgram.org](http://www.TheConnectProgram.org)