



2018 New Hampshire Survivors of Suicide Loss Newsletter

TRUE WORDS

By Sasha

“You will not always hurt
like this.”
These words are true.

If they do not reach your
heart today,
Do not reject them:
Keep them in your mind.

One morning, not
tomorrow perhaps,
but the day after
tomorrow, or the
month after next month.

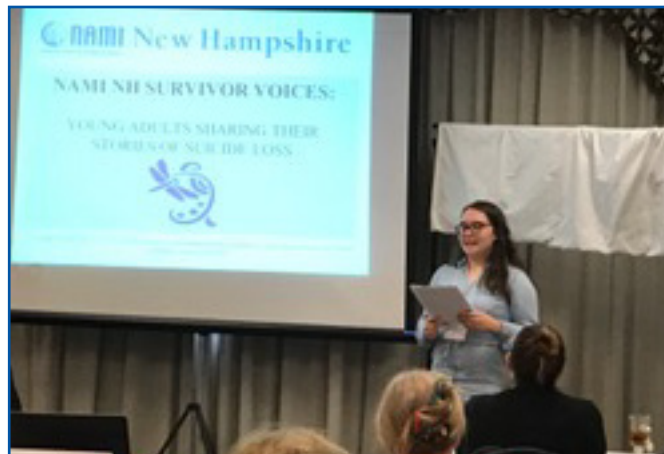
One morning, the dawn
will wake you
with the inconceivable
surprise:
Your grief will have lost
one small moment of its
force.

Be ready for the time
when you can feel yourself
that these words are true:
You will not always hurt
like this.

*Reprinted from
Survivors of Suicide,
Volume 26, Issue 9,
September 2009*

Kathleen Sherman Memorial Award

Presented Annually to a
Survivor of Suicide Loss Speaker
or Suicide Prevention Champion

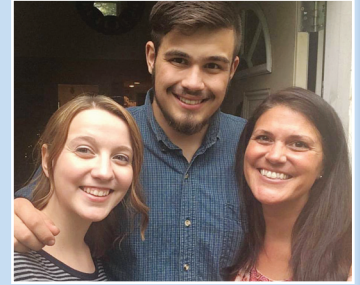
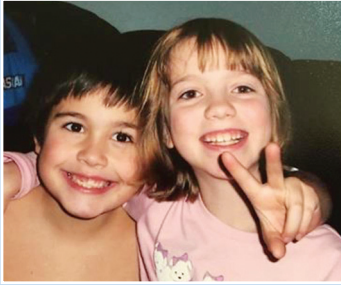


In 2017, this award was created in memory of Kathleen Sherman, an amazing woman, caring mother, dedicated nurse, Navy veteran and active volunteer. The ***Kathleen Sherman Memorial Award*** is presented annually to a Survivor of Suicide Loss Speaker or Suicide Prevention Champion at the NH Suicide Prevention Conference, with the plaque displayed at the NAMI New Hampshire office.

Kathy's daughter, Erica, was the recipient of the first award last year, not just in honor of her mom, in honor of the suicide prevention work she has done in the past few years after the loss of her dad, Eric, to suicide, and in memory of her mom.

The New Hampshire Survivors of Suicide Loss (NH 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 Phillip's Ride, the Memorial Tree Lighting Event, Team SOS, 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.

My Brother, My Best Friend, My Inspiration!



My name is Madison Hendrick. I am 22 years old and from Canterbury, NH.

I am sharing my personal story of suicide loss and how I became involved with NAMI New Hampshire. My brother, Seth, died by suicide on July 31, 2017. He was 19 years old when he passed away.

Seth was two years younger than me. Having a younger brother was one of the most amazing things. In him, I had a built-in best friend. He knew how to push my buttons, but at the end of the day he was the first one to make sure I was okay and give me a big bear hug when I was feeling down.

Seth struggled all through school. He experienced many personal losses from a young age that affected him deeply. He was in and out of trouble and had a hard time finding his path, which led to him being bullied and feeling disconnected. Although looking back we can see the warning signs, we did not recognize the risk or ever think that we would lose him like this.

The days and weeks following his death were unimaginable. There are days that are still a blur, but I do know that we had such an amazing support system around us. I will forever be thankful for the people who showed up to provide us with love and support. Our friends and family were there every second and even some strangers who offered support became our biggest blessings.

Shortly after our loss, our family was introduced to NAMI New Hampshire. They provided us with the resources and support that we needed. We found a community of other people who had experienced similar losses and were on the same mission we were.

I was honored to take part in the first Young Adult **SurvivorVoices** Training through NAMI NH and the Connect Program. Survivors of Suicide Loss play an important role increasing awareness about suicide. Through this training, I learned how to speak safely and effectively about my loss to the public. I am now part of the New Hampshire Survivors of Suicide Loss Speakers Bureau, which gives me the continued opportunity to promote communication and reduce the stigma about having these conversations. I strongly believe that sharing our personal story helps encourage suicide prevention efforts and promote understanding.

I was also grateful to take part in a Suicide Prevention Train-the-Trainer program for Young Adults through NAMI NH and the Connect Program. During this two day program, we were trained to Recognize and Connect. Recognize the warning signs and risk factors and connect people with resources that will save lives. The second half of the training taught me how to teach those skills to other young adults. I have been fortunate enough to put these skills to use in trainings and in my personal life.

I am not afraid to talk about Seth's struggles, but I also think it's important to talk about the wonderful things about him. Seth had the most loving heart. I have never met someone who was so quick to extend a hand, even to a stranger. These are the most important things about my brother and his story.

I do not feel shame about what has happened to Seth. I feel that our loss has pushed our family in a direction where we are able to help people. It has sparked a drive to raise awareness and end the stigma around mental illness. Looking at statistics of people affected is overwhelming, but I hope that by continuing to share our story we can make a difference. I wake up every day feeling blessed for the time that I shared with my baby brother. Although I do not have him with me in the physical form, know that I will continue to take him with me on this journey. His story will continue to make a difference.



HOSA Conference March 2018



Madi's Suicide Prevention Fundraiser September 2018





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

Here are some ideas:

ATTEND

NAMIWalks NH, AFSP Survivor Day, NH Suicide Prevention Conference, Other Loss Survivor Events

JOIN

NH SOSL Email list
NH Survivors Speakers Bureau
SOSL Subcommittee for the State
Suicide Prevention Council (SPC) or another SPC Subcommittee
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

Young Adults Paving the Way For the Future: Helping Persons at Risk for Suicide, Substance Misuse and Mental Illness!

Young adults play an important role in prevention. Despite the support systems and safety nets provided for young adults, the first line of defense in successful prevention efforts are young adults themselves. Young adults frequently bypass the adult world support systems and instead turn to their friends for help and understanding of mental health, substance use issues and suicide risk. Thus, it is essential that young adults be regularly trained in recognizing signs of depression and addiction or increased risk for suicide, and know how to connect their friends with professional help! Since December 2017, over 50 Young Adults (ages 18-25) have been trained in the new NAMI NH Connect Young Adult Suicide Program. The Young Adults in these pictures are just some, of many, who became Trainers themselves. We are all "gatekeepers." This training encourages community members to work together to save a life, so that individuals at risk get the help they need. Congratulations to all who have completed trainings!



Thank You, Diane!

We are grateful for her many years of contributions, compassion and inspiration for the members of the Merrimack SOSL Support Group in their healing process.

Diane has been a longtime co-facilitator of this support group and a true inspiration to other Loss Survivors. We are so thankful to Diane for being who she is and helping others. She continues to inspire everyone who crosses her path. You will be missed Diane!

Maureen Sloan and Diane McEntee, Co-Facilitators of the Merrimack Survivors of Suicide Loss Support Group

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 NAMIWalks NH 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 NAMIWalks NH Team SOS 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 NAMIWalks 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:

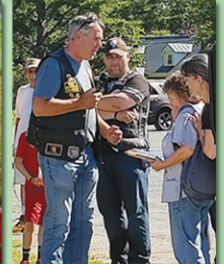
- Annual Survivors of Suicide Loss Newsletters
- 300 folders of resources for new Survivors of Suicide Loss
- Healing workshop at the NH Suicide Prevention Conference
- Faces of Awareness button maker and supplies
- 20 scholarships for loss survivors to attend the NH Suicide Prevention Conference
- Hotel accommodations for SurvivorVoices attendees traveling from a distance



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



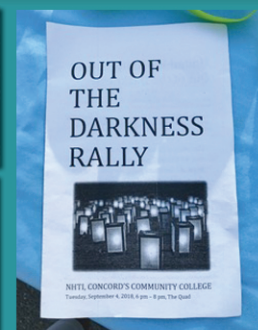
Annual Phillips Ride - Lebanon, NH - September 2018



**TEAM SOSL
NAMI WALKS NH
Concord, NH
September 30 2018**



**Annual Peeper RUN
Barrington, NH - May 2018**



**NHTI
Out of the Darkness Rally
September 2018**



September 2018



**Memory Tree
Honoring Suicide
Prevention Month**

**For upcoming events,
please visit:
NAMI.NH.org**

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.



November 17, 2018

AFSP International Survivors of Suicide Loss Day

Held each year the Saturday before Thanksgiving. To attend a location in New Hampshire, host a future site or watch the webcast online, please go to www.afsp.org.

December 9, 2018

Compassionate Friend's Worldwide Candle Lighting, Manchester

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 any cause). For more information, please contact Shirley Cote at scote98@comcast.net or www.tcfmanchester.org.

April 2019

Compassionate Friends Blood Drive of 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, scote98@comcast.net.

May 2019

Connor's Climb, Exeter

The mission of Connor's Climb Foundation is to provide educational programs directed toward preventing suicide. This 5K & family walk is the result to their commitment to end youth suicide. For more information contact: www.connorsclimb.org

August 2019

Paddle Power, Lebanon

Join the West Central Behavioral Health Center in Lebanon on their 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 2019

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. Lightbulbs may be purchased; proceeds of this fundraiser go to NAMI NH, contact: Debbie Baird, dbairdsellsnhre@gmail.com or Jenn Dunbar, jennklemb@gmail.com.

September 2019

Rail Trail Ramble, Lebanon

Help support NH's Crisis/Suicide Hotline by joining this 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.

September 1-7, 2019

National Suicide Prevention Week

Please visit NAMINH.org for information about events in New Hampshire.

September 2019

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. For more information visit www.tcfmanchester.org.

Fall 2019

American Foundation For suicide Prevention (AFSP), Annual Out of Darkness Walks

Support and raise awareness and funds that allow AFSP to invest in new research, educational programs, advocate for public policy and support survivors of suicide loss. For more information contact: Shamera Simpson, ssimpson@afsp.org

October 6, 2019

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 this walk 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. All are welcome. For more information or to register, visit NAMINH.org or call (603) 225-5359.

October 6-12, 2019:

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 visit NAMINH.org for more information about events around New Hampshire.

November 2019

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. 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.



New Hampshire For more event listings, please visit: NAMINH.org

RESOURCES FOR NH SURVIVORS OF SUICIDE LOSS

NH SURVIVORS OF SUICIDE LOSS SUPPORT GROUPS

For updated contacts, group times, and locations, please visit NAMINH.org, and click on Support.

CLAREMONT- Greater Sullivan Survivors of Suicide Loss Support Group, contact: Randy Wiggins, (802) 376-6115, wig@vermontel.net or Connie Kincaid, cjkincaidbrown@comcast.net

CONCORD – Survivors of Suicide Loss Support Group, contact: Janyce Demers, (603) 860-8490, didorun@myfairpoint.net or Debbie Baird, (603) 545-7267, dbaird@NAMINH.org

DURHAM – Survivors of Suicide Loss Group, contact: Amy, sosldurhamnh@gmail.com

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

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

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: John McNally, john@jjengineering.com, Marsha Chapple (603) 232-7606, mahshah@comcast.net

MANCHESTER – VNA Suicide Bereavement Support Group, contact: Chuck Johnson, (603) 663-4005, 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

MERRIMACK – Merrimack Survivors of Suicide Loss, contact: Linda Vollmer, (603) 578-5966, lindavollmer2995@gmail.com, or Maureen Sloan, (603) 578-5966, maureendsloan@gmail.com

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

PETERBOROUGH- Survivors of Suicide Loss Support Group, contact: Marguerite Cheney, (603) 532-8353, mcheney@hcsservices.org

PLYMOUTH – Central NH SOSL Group of Plymouth, contact: Barbara LaFlamme, centralnhsosl@yahoo.com

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

BERWICK ME – Servicing Stratford, Carroll and Rockingham Counties of NH, contact: Jennifer Ordway, jenniferordway@gmail.com or Tina Dodge, fajardo.tina@yahoo.com

YOUTH GRIEF RESOURCES

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

INTERNET RESOURCES FOR SURVIVORS OF SUICIDE LOSS

NAMI New Hampshire (National Alliance on Mental Illness) - www.NAMINH.org
National Alliance on Mental Illness (NAMI) - www.nami.org
American Foundation for Suicide Prevention (AFSP) – www.afsp.org
Grief Net (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@samaritians.org
Survivors Road2Healing.com www.road2healing.org
The Dougy Center – www.dougy.org

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

Hospice Bereavement Support Groups – Many hospices in NH offer general & specific grief groups. Listings can be found at www.nhhpco.org

NAMI New Hampshire (National Alliance on Mental Illness) – Provides outreach & support to NH loss survivor network, www.TheConnectProgram.org, 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, (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. A list of available books can be found 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.

NEW HAMPSHIRE CRISIS HOTLINES

Teen Hotlines (877) 583-TEEN
Headrest Teenlines (800) 639-6095

NATIONAL CRISIS HOTLINES

If you or someone you know is struggling emotionally, 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

CRISIS TEXT LINE: 741741

For support in Spanish: (888) 628-9495

Friends for Survival (National): (800) 646-7322

Trans Lifeline: translifeline.org or (877)-565-8860

Trevor Project: thetrevorproject.org or (866)-488-7386

For previous NH Survivors of Suicide Loss Newsletters, visit TheConnectProgram.org



New Hampshire

85 North State Street, Concord, NH 03301
(603) 225-5359 Infoline: (800) 242-6264
NAMINH.org