

## DO YOU NEED HELP?

There is no “right” or “wrong” way to react to a trauma. While not everyone experiences symptoms, some people have symptoms that rise to the level of depression, intense anxiety, or Post Traumatic Stress. If you find your symptoms interfere with your daily functioning, you may want to seek help. Listen to your own needs. *Help is available!*

## RESOURCES

National Suicide Prevention Lifeline:  
1-800-273-TALK (8255) - Available 24/7

Friends for Survival:  
916-392-0664; <https://friendsforsurvival.org/>

Victims Inc.  
[www.victimsinc.org](http://www.victimsinc.org) or 603-335-7777

Bureau of Mental Health Services:  
<https://www.dhhs.nh.gov/dcbcs/bbh/>

Mental Health Counselor:  
Request a trauma bereavement specialist at a private or community mental health center.

For more information, please go to  
[www.TheConnectProgram.org](http://www.TheConnectProgram.org)  
and click on the survivors tab



## NEW HAMPSHIRE RESOURCES

**For People Who Have  
Witnessed a Suicide  
Death**

**There is the time-worn adage, "a witness to violence is a victim of violence." Suicide is a form of self-inflicted violence and witnessing a suicide or finding someone after they have died, whether you know the person or not, can be very traumatic.**

**You may have intense feelings and reactions-this is a normal response to an abnormal event.**

### ***Help is Available!***

For more information please go to [www.TheConnectProgram.org](http://www.TheConnectProgram.org) and click on the Get Help tab.

## **REACTIONS MAY INCLUDE BUT ARE NOT LIMITED TO:**

- shock, numbness, detachment
- sudden onset of physical symptoms
- change in appetite or substance use
- difficulty sleeping/nightmares
- flashbacks/intrusive thoughts
- depression, irritability, guilt
- hyper-vigilance or anxiety
- isolating or compulsive behaviors
- avoidance of the area
- time feels distorted