

ATTORNEY GENERAL  
DEPARTMENT OF JUSTICE

OFFICE OF THE CHIEF MEDICAL EXAMINER

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**NOK**  
**Street**  
**Town, State, Zip**

Dear **Mr.Mrs.Ms:**

The Office of the Chief Medical Examiner of New Hampshire extends our sincere condolences to you and your family on the loss of **relationship, name**. While we certainly do not want to intrude at this time, we do want to share some information and resources that you may find helpful now or at some time in the future. You may also have some questions about the cause and manner of your **loved one's** death. Please know that you can call or meet with me or any of our staff to answer any questions you or your family might have.

The death of a **loved one** is a unique experience for each family. The enclosed material describes what others have felt and how they have coped. In our experience we have found that family members often feel that they are "going crazy" as they try to cope with their loss. Your feelings are probably those of a normal person having normal responses to an abnormal situation. However, it is almost always helpful to talk to someone about the intense grief issues that follow an unexpected death.

If at any time you feel that you might hurt yourself or someone else, it is important that you speak with a professional who can assist you in getting the help you need. We have included phone numbers for the community mental health centers around the state as a place to start. You might also want to attend a support group for survivors (<http://www.NAMINH.org/SOSLGroups>). Your local Hospice Program or Visiting Nurse Association could provide you with additional resources such as local support groups and bereavement programs. For assistance in connecting to resources (support groups or another survivor) in New Hampshire, please return the enclosed mailer or contact the National Alliance on Mental Illness NH (603-545-7267). Additional support information can be found at [www.theconnectprogram.org](http://www.theconnectprogram.org).

In the weeks and months ahead, please do not hesitate to reach out to us (271-1235) or any of the agencies listed in the enclosed materials. We want to help you in any way we can at this difficult time.

Sincerely,

A handwritten signature in cursive script that reads "Jennie V. Duval".

Jennie V. Duval, MD  
Chief Medical Examiner