

## **Resources for NH Survivors of Suicide Loss**

Following the death of a loved one by suicide, it is very common for those who are left behind to experience intense emotions. As we all respond to different kinds of assistance, we have listed a variety of resources which you may find helpful at this very difficult time.

### **Professional Assistance**

In seeking professional help after the death of a loved one, you may want to seek a clinician who specializes in grief counseling and suicide. The Community Mental Health Centers (CMHCs) are located in 10 regions of New Hampshire. They are private not-for-profit agencies that have contracted with the New Hampshire Department of Health and Human Services, Bureau of Behavioral Health (BBH), to provide publicly funded mental health services to individual and families who meet certain criteria for services. In addition to the Community Mental Health Centers listed below, you could obtain help at a private mental health provider, seek a referral from your primary care provider, or join a support group.

### **[Click here for a list of Community Mental Health Centers in New Hampshire](#)**

Please note that the Community Mental Health Centers have offices where you can receive counseling during normal business hours AND emergency numbers where you can reach a counselor on a 24 hour basis. Do not hesitate to call if you feel the need to speak with someone after hours.

Information and Referral services are also available by calling NAMI NH during regular business hours at (800) 242-6264 or (603) 225-5359.

### **Survivor of Suicide Loss Support Groups**

There are also groups specific to suicide loss. Often survivors find great comfort in speaking with others who have lost someone to suicide. There are many support groups across New Hampshire for those who have lost a family member, friend, or loved one to suicide. All of the groups are peer-facilitated and comprised of fellow survivors who can offer great comfort through conversation and discussion of issues unique to bereavement of suicide.

### **[Click here for a list of Suicide Loss Support Groups](#)**

You may find that meeting with others at grief support groups is helpful. There are grief groups that are specific to certain types of losses. For example, Compassionate Friends – in [Manchester](#) and [Peterborough](#) - are specific to parents who have lost children to any type of death. [Friends of Aine](#) provides robust bereavement services to help children.

## Internet Resources for Suicide Survivors



American  
Foundation  
*for* Suicide  
Prevention

[The American Foundation for Suicide Prevention \(AFSP\)](#)



Alliance of Hope  
*for suicide loss survivors*

[Alliance of Hope](#)  
*for suicide loss survivors*



[Friends for Survival](#)



A M E R I C A N  
ASSOCIATION OF SUICIDOLOGY

[The American Association of Suicidology \(AAS\)](#)

*GriefNet.org*  
*grace happens*

[GriefNet.org](#)



[SAVE – Suicide Awareness Voices of Education](#)

### **Books for Survivors**

In your local bookstore and library, you will find many books written on grief and for suicide survivors in particular. Here is a [list of recommended reading compiled by AFSP](#).

In addition, a local New Hampshire survivor has recently published the following book for survivors.

Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide

Greenleaf, Catherine

St. Dymphna Press, Andover, NH

[www.healingthehurtspirit.com](http://www.healingthehurtspirit.com)

**\*\*\*To receive this book free of charge, New Hampshire survivors receiving this folder may fill out the enclosed mailer or go to**

<http://www.surveymonkey.com/s/survivorfolder> where you can request the book at the end of the questionnaire