

INFORMATION & RESOURCES

The Healing Conversations program gives survivors of suicide loss the opportunity to speak with volunteers who are themselves loss survivors. For more information on this program in NH, contact the state coordinator, Allison Sharpe: HCCNewHampshire@afsp.org

Information and resources are available for those affected by mental illness and suicide:

NAMI NH INFO & RESOURCE LINE: 1-800-242-6264, press 4 (please note, this is not a crisis line). If you or someone you know needs help urgently, please call the National Suicide Prevention Lifeline: 1-800-273-8255, text "NAMI" to The Crisis Text Line: 741-741, or contact your [community mental health center](#) (NAMINH.org/CMHCS). In an emergency, contact 911.

Upcoming in 2022

State Suicide Prevention Plan:

Last year, the NH Suicide Prevention Council (NH SPC) updated the state's suicide prevention plan, and the plan now extends from 2021 until 2024. The leaders of the NH Suicide Prevention Council, members of subcommittees (including Survivors of Suicide Loss Subcommittee co-chairs Debbie Baird and Shamera Simpson), and key stakeholders were guided in the process of updating the plan by Pear Associates. The new goals for the NH Suicide Prevention Plan are:

- Goal 1: Promote awareness that suicide in New Hampshire is a public health problem that is generally preventable.
- Goal 2: Reduce the stigma associated with obtaining mental health, substance misuse, and suicide prevention services.

The current NH State Plan can be found here:

<https://theconnectprogram.org/StatePlan>. For more info on the NH SPC and the state plan, contact SPC co-chairs Mary Forsythe-Taber: mft@mih4u.org or Candice Porter: candice.porter@connorsclimb.org.

NAMI NH Strategic Plan

Last year, the NAMI NH Board of Directors updated the strategic plan for the organization. Here is a link to an overview of the plan:

<https://www.naminh.org/Snapshot>

And here is a link to a virtual Town Hall on the new plan:

<https://www.naminh.org/TownHall-2021>

NAMI NH has been in NH for 40 years serving as a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. The voices of those with lived experience have always been the essence of NAMI NH's priorities and mission.

Save these Dates:

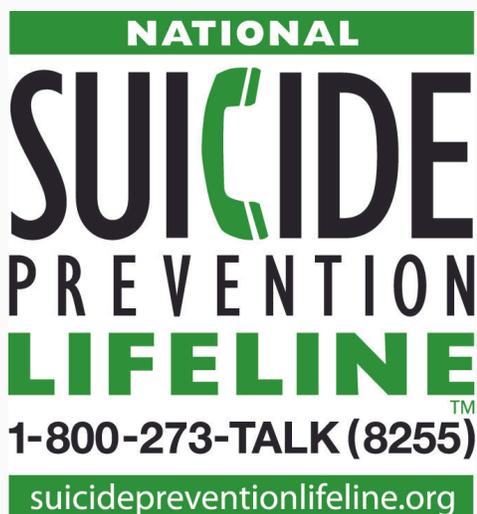
NAMI NH Virtual Annual Conference: April 7th - 8th, 2022

Connor's Climb Foundation 5K and Family Walk: May 6, 2022

AFSP NH Out of the Darkness Community Walks: September 10, 2022

NAMIWalks NH: October 8, 2022

NH Annual Suicide Prevention Conference: November 3, 2022



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 to publicize local and national resources that provide support. The network is focused on helping those bereaved with the profound grief that suicide leaves in its wake, which those who have not experienced a suicide loss cannot fully understand.

This newsletter was made possible by the support of Michelle Thompson and the Acorns to Oaks Benefit – Suicide Prevention & Awareness, the Ryan Hicks Depression Awareness Foundation, Friends and Family of Phillip's Ride, Team SOS, the New Hampshire Department of Health and Human Services (DHHS), and the many caring and compassionate 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.

Grief Support Groups for Survivors of Suicide Loss 2022

(Meeting dates and times are subject to change. For the latest updates, visit: NAMINH.org/SOSLGROUPS)

Anywhere - Online:

2nd Friday of the month | 9:00 - 10:00am

Friday Coffee Chat meeting virtually. Contact group leaders for information on how to access the group.

Shamera Simpson: SSimpson@afsp.org

Debbie Baird: dbaird0688@gmail.com

Anywhere - Online:

4th Tuesday of the month | 6:00 - 7:00pm

Tuesday Tea meeting virtually. Contact group leaders for information on how to access the group.

Shamera Simpson: SSimpson@afsp.org

Debbie Baird: dbaird0688@gmail.com

Claremont:

3rd Wednesday of the month | 6:30 - 8:00pm

This group is currently meeting online. Contact Connie or Randy for information on how to join.

Connie: cjkincaidbrown@comcast.net | 603-558-0961

Randy: wig@vermontel.net | 802-376-6115

Concord:

4th Wednesday of the month | 6:30 - 7:30pm

Meeting virtually. Contact group leaders for information on how to access the group.

Janyce Demers: didorun@comcast.net | 603-860-8490

Debbie Baird: dbaird0688@gmail.com | 603-717-5408

Durham:

3rd Wednesday of the month | 6:15 - 7:15pm

This group is currently alternating meetings between online and in person. Contact Amy Oliva for information on how to join.

Amy Oliva: sosldurhamnh@gmail.com

Kristin Joslin: kmjoslin@yahoo.com

Gilford:

3rd Thursday of the month | 6:00 - 7:30pm

Meeting virtually. Contact group leaders for information on how to access the group.

Kelley Caravona: kgaspa@outlook.com

Kimbyl Wade: kwade@pphnh.org

Goffstown:

2nd Wednesday of the month | 6:30 - 8:00pm

Contact group leaders for information on how to access the group.

Janyce Demers: didorun@comcast.net | 603-860-8490

Debbie Baird: dbaird0688@gmail.com | 603-717-5408

Keene:

Monday - Every Monday | 6:30 - 8:00pm

Meeting virtually each week – Email for information on how to access the group.

All meetings are confidential and open only to survivors.

Carmen Trafton: director@samaritansnh.org

Penny King: penelopeking43@gmail.com

Maine:

3rd Tuesday of the month | 6:30 - 8:00pm

This group is open to all of Stratford, Rockingham, and Carroll County in NH, as well as ME. Please email Jennifer Ordway or Tina Dodge if this will be your first time attending.

Jennifer Ordway: jenniferordway@gmail.com

Tina Dodge: fajardo.tina@yahoo.com

Manchester:

Every other Friday | 4:30 - 6:00pm

Contact the leader for information on how to access the group.

Dan Wells: dwells@sau81.org | 603-553-0119

Manchester:

Thursday - Every Thursday | 6:00 - 7:30pm

Contact the leader for information on how to access the group.

Chuck Johnson: cjohnson2@elliott-hs.org | 603-663-4005

Nashua:

2nd Wednesday of the month | 6:30 - 8:00pm

This group is currently meeting in-person. Contact Linda Vollmer or Gail McMorrow-Donahue for information on how to join.

Linda Vollmer: lindavollmer2995@gmail.com

Gail McMorrow-Donahue: gaildona@mac.com | 603-930-3640

Portsmouth:

1st Tuesday of the month | 6:30 - 8:00pm

No Walk Ins. Please call for more information.

Paul Noyes: getsomeshelter@hotmail.com | 603-770-2987

Candace Stiteler: candace@candacepratt.com | 603-868-2970

"I just want people to know that
even if you do feel alone, someone
does love and support you."

