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.

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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

Anyplace - 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

Anyplace - 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

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

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: gaidona@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."