Professional Assistance

While the grief and loss may be most intense in the days and weeks immediately following a sudden death, it should be expected that the grieving process will continue for an extended period of time. It is important to take care of yourself and allow yourself and your family members time to grieve in their own way. We have listed a variety of resources which you may find helpful at this very difficult time.

You may want to seek help from a clinician who specializes in grief counseling. Community Mental Health Centers (CMHCs) are located across New Hampshire. Find your local CMHC at NAMINH.org/CMHCs.

In addition to the Community Mental Health Centers, you could obtain help from a private mental health provider, your primary care provider, your faith leader, and/or a support group.

General Bereavement Support in NH

Hospice Bereavement Support Groups - Many hospices in NH offer general and specific grief groups. Listings can be found at www.hhhc.org by searching “Bereavement.”

Victims, Inc. – The Grieving Assistance Program for Adults (GAP) offers one-on-one and group support to families in NH after a traumatic event: www.victimsinc.org or (603) 335-7777.

Children’s Grief Support – Friends of Aine, based in Manchester, has the mission to provide robust child bereavement services to help children: www.friendsofaine.com

Many local hospitals along with the Visiting Nurse Association also offer support groups.

Resources for Specific Types of Sudden Losses

Loss of a Loved One to Suicide

The grieving process for survivors of suicide loss is complex and complicated. NAMI NH has developed a nationally-recognized education program on suicide prevention and postvention: www.TheConnectProgram.org

Often survivors find great comfort in speaking with others who have lost someone to suicide. A listing of survivor of suicide loss support groups in NH is available at: www.NAMINH.org/SOSLGroups

Loss of a Loved One to Violence

Parents of Murdered Children offers online resources for friends and families of those who have died by violence: www.pomc.org.

NH’s Office of Victim/Witness Assistance provides services and support for all NH homicide cases: www.doj.nh.gov/criminal/victim-assistance or call (603) 271-3671.
Loss of a Child:

Compassionate Friends provides mutual support for parents who have experienced the death of a child (by any means). There are support groups in Manchester and Peterborough: www.compassionatefriends.org or call (877) 969-0010.

Bereaved Parents of the USA is an organization of families who have grieved the death of a child of any age. NH chapter meets in Atkinson: call (603) 887-4302.

Survivors of Suicide Loss Support

Additional Resources

Crisis Lines (24/7):

National Suicide Prevention Lifeline: (800) 273-TALK (8255)
Crisis Text Line (24/7): 741741
TrevorLifeline and TrevorText for LGBTQ young people under 25 - call (24/7) (866) 488-7386 or text (24/7) 678-678

Internet Resources:

Support for Survivors of Suicide Loss www.NAMINH.org/survivors

SAVE - Suicide Awareness/Voices of Education: www.save.org

American Foundation for Suicide Prevention: www.afsp.org

GriefNet (online support group): www.griefnet.org

Friends for Survival – Offering Help After A Suicide Death www.friendsforsurvival.org

GRIEF

"Grief takes its own time. There is no stopwatch for your loss. You will get through it in your own way and on your own terms."

Source: Catherine Greenleaf, NH resident and author of Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide.