

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.

Regional Community Mental Health Centers

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.

Seacoast Area/Region IX

Community Partners, Dover, NH
(603) 749-4015 (24 hours)
Community Partners, Rochester, NH
(603) 335-6470

Seacoast Area/ Region VIII

Seacoast Mental Health Center, Portsmouth, NH
(603) 431-6703 (24 hours)
Seacoast Mental Health Center, Exeter, NH
(603) 772-2710 (24 hours)

Southern New Hampshire/Region X

Center for Life Management, Salem, NH
(603) 893-3548 or after hours at (800) 762-8191

Southern New Hampshire/Region VI

Community Council of Nashua, Nashua, NH
(603) 889-6147 or after hours at (800) 762-8191/432-2253

Southwestern New Hampshire/Region V

Monadnock Family Services, Inc., Keene, NH
(603) 357-4400 (24 hours)

Upper Valley Area/Region II

West Central Behavioral Health, Lebanon, NH
(603) 448-0126 or in an emergency (800) **564-2578** (24 hours)

West Central Behavioral Health, Claremont Office: (603) 542-2578
West Central Behavioral Health, Newport Office: (603) 863-1951

Central New Hampshire/Region VII

Mental Health Center of Greater Manchester, Manchester, NH
(603) 668-4111 (24 hours)

Central New Hampshire/Region IV

Riverbend Community Mental Health Center, Concord, NH
(603) 228-1551/228-1600 or (800) 852 3323 (24 hours)
Riverbend Community Mental Health Center, Franklin, NH
(603) 934-3400

Central/Lakes Region/Region III

GENESIS Behavioral Health, Laconia, NH
(603) 524-1100 or after hours at 528-0305
GENESIS Behavioral Health, Plymouth, NH
(603) 536-1188

North Country/Region I

Northern New Hampshire Mental Health and Developmental Services, Conway, NH
(603) 447-2111 or 447-3347, for emergencies (603) 356-5461 (This is the number for Memorial Hospital in North Conway)
Northern New Hampshire Mental Health and Developmental Services, Littleton, NH
(603) 444-5358
Northern New Hampshire Developmental Services, Berlin, NH
(603) 752-7404 (24 hours)
Northern New Hampshire mental Health and Developmental Services, Colebrook, NH
(603) 237-4955 (24 hours)
Northern New Hampshire Developmental Services, Groveton, NH
(603) 636-2555
Northern New Hampshire Developmental services, Wolfeboro, NH
(603) 569-1884

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

Survivor 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 (i.e. Compassionate Friends is specific to parents who have lost children to any type of death and there are some groups that are specific to children's grief listed at www.theconnectproject.org), and 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. While some groups are peer-facilitated and others are led by

professional counselors, all are comprised of fellow survivors who can offer great comfort through conversation and discussion of issues unique to bereavement of suicide.

NH Support Groups for Survivors of Suicide Loss

If you do not reach a group, call NAMI NH for up-to-date contact information: (800) 242-6264 or (603) 225-5359 or info@naminh.org.

CONCORD

Greater Concord Area Survivors of Suicide Loss Support Group

Contact: Lisa MacNaughton, (603) 736-8604 (evenings and weekends), lisamac@metrocast.net or Janyce Demers, (603) 625-9459, didorun@myfairpoint.net

Location: NAMI NH, 15 Green Street, Concord, NH

Day/Time: 2nd Wednesday each month, 6:30 - 8:00 pm

Facilitated by: Peer

EXETER

Healing After Suicide

Seacoast Hospice
10 Hampton Road
Exeter, NH 03833

Contact: Deborah Proulx, (800) 416-9207 or dproulx@seacoasthospice.org

Location: Exeter and Portsmouth areas

Day/Time: [Click here for schedule](#)

Registration is required, contact Deborah Proulx

GORHAM

North Country SOS Support Group

Contact: Becky MnEnany, (800) 242-6264 or bmcenany@naminh.org

Location: Varies

Day/Time: Varies

Facilitated by: Peer

HAMPSTEAD

Coping with a Loved One's Suicide

Contact: Dan Wells (603) 329-5276 or dwells5@comcast.net;
<http://nhcopingwithsuicide.com>

Location: Hampstead Public Library, 9 Mary E. Clark Drive, Hampstead, NH
Day/Time: Every Friday, 4-5 pm
Facilitated by: Peer

KEENE AREA

A Safe Place Support Group

The Samaritans – Monadnock Region
103 Roxbury Street, Suite 304
Keene, NH 03431

Contact: Program Coordinator (603) 357-5510 or pc@samaritansnh.org;
www.samaritansnh.org

Location: Call for information

Day/Time: Thursdays 6:30-7:30 pm

Facilitated by: Peer - All meetings are confidential and open **only** to survivors.

Brattleboro, VT Suicide Loss Support Group

Contact: brattleborohospice@verizon.net; www.brattleborohospice.org OR (802) 257-0775

Location: 191 Canal Street, Brattleboro, VT

Day/Time: 5:00 - 6:30 pm the 1st and 3rd Wednesday of each month

Facilitated by: Andrea Edwards - All meetings are confidential and open **only** to survivors

Counties Served: This group is co-sponsored by The Samaritans and Brattleboro Area Hospice and serves Keene, Chesterfield, Westmoreland, Spofford, and other surrounding areas.

LEBANON

Upper Valley Survivors of Suicide Support Group

Contact: If you are considering attending, please contact Maryanne at (802) 484-7719 or Michael at (603) 795-4435 to talk before attending uvsos@valley.net

Location: Dartmouth-Hitchcock Medical Center, 1 Medical Center Drive, Lebanon, NH

Day/Time: 2nd & 4th Thursday of each month, 4:30 – 6:00 pm (Except November)

Facilitated by: Peers

Counties Served: Western New Hampshire and Eastern Vermont

MANCHESTER

Manchester Survivors of Suicide Support Group

Contact: Marsha Chapple at (603) 663-6412 (days), 232-7606 (eves), 620-4754 (cell) or mahshah@comcast.net

Location: Brookside Congregational Church (Manning House), 2013 Elm Street, Manchester, NH

Day/Time: 2nd Thursday of each month, 6:30 – 8:00 pm

Directions

Manchester VNA Suicide Bereavement Support Group

Contact: (603) 663-4005 - Participation in this support group is open to adults and although registration for this group is not required, it is requested that interested person call prior to attending.

Location: Manchester Visiting Nurses Association, 33 S. Commercial Street, Manchester

Day/Time: Wednesdays, 6:00 ~ 7:30 pm This group will meet on an ongoing basis and will follow a 10 week cyclical agenda which provides the flexibility for participants to discuss current topics/issues of concern.

GREATER NASHUA AREA

Greater Nashua Area Grieving Survivors of Suicide

Contact: Diane McEntee at (603) 673-7425 or (603) 978-7846(cell), leave message for call back or Maureen Sloan at (603) 578-5966 or maureendsloan@gmail.com

Location: 7 Executive Park Drive, Merrimack, NH

Day/Time: 1st Wednesday of each month, 6:30 - 8:00 pm

Facilitated by: Peer

Counties Served: Hillsborough County

NORTH CONWAY

Survivors of Suicide ~ Mount Washington Valley Area

Contact: Denise at (603) 356-2324

Location: Reverence for Life, 2503 White Mountain Hwy, North Conway, NH

Day/Time: 2nd Thursday of each month, 6:00 - 7:30 pm

Sponsored by: Vaughn Community Services, Inc.

PLYMOUTH

Plymouth Survivors of Suicide Loss Peer Support Group

Contact: Marcia VanderMast, (603) 764-4352 or Sue Brothers (603) 481-0502

Location: Call for location

Day/Time: 2nd Tuesday of each month, 6:30 - 8:00 pm

Facilitated by: Peer

Counties Served: Open to anyone!

Concord

The Greater Concord Area Survivors of Suicide Loss Group
Meets the 2nd Wednesday of the month from 6:30-8pm at NAMI NH, open
format/peer facilitated

Contact: Lisa MacNaughton, 603-736-8604, lisamac@metrocast.net (evenings and
weekends), lisamac@metrocast.net or Janyce Demers, (603) 625-9459,
didorun@myfairpoint.net

Please call or email before attending first meeting or for more information.

Exeter Area

Healing After Suicide for Children and Families

Meets at Seacoast Hospice for 8 week groups for adults throughout the year.

Contact: Please call Deborah Proulx, Bereavement Coordinator at 433-2480/1-800-
840-0668 or go to www.seacoasthospice.org to find out start dates or register.

North Country

North Country SOS Support Group

Meets monthly as group forms or for individual support, open format/peer facilitated

Contact: Becky McEnany, 1-800-242-6264, for more information.

Hampstead

Coping With a Loved One's Suicide

Meets every Friday from 4-5pm at Hampstead Public Library, open format/peer
facilitated

Contact: Dan Wells, 603-329-5276, dwells5@comcast.net,
<http://nhcopingwithsuicide.com>

Keene

KEENE AREA

A Safe Place Support Group

The Samaritans – Monadnock Region

103 Roxbury Street, Suite 304

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survivors

Counties Served: This group is co-sponsored by The Samaritans and Brattleboro Area Hospice and serves Keene, Chesterfield, Westmoreland, Spofford, and other surrounding areas.

Safe place

Contact: The Samaritans, Inc. 603-357-5510, www.samaritansnh.org

Meets every Thursday from 6:30-7:30. Call for location, open format

Lebanon

Upper Valley SOS Group

Meets monthly at Dartmouth Hitchcock Medical Center, open format/peer facilitated

Contact: 1-800-639-6095 (24/7) and ask for the local leader's contact information or email uvsos@valley.net

Merrimack

The Greater Nashua Area Grieving Survivors of Suicide

Meets the 1st Wednesday of the month from 6:30-8pm at Merrimack Home Health and Hospice, open format/peer facilitated

Contact: Maureen Sloan at 603-578-5966 or Diane McEntee at 603-673-7425/978-7848(cell)

Plymouth

Plymouth Regional SOSL

Meets monthly as group forms or for individual support, open format/peer facilitated

Contact: Marcia VanderMast at 603-764-4352 (eves or leave message) or Sue Brothers at 603-481-0502 for information or support.

Peterborough

Safe Place

Meets weekly. Call for location and time. Open format.

Contact: The Samaritans, Inc. 603-357-5510, www.samaritansnh.org

Portsmouth

Seacoast Suicide Bereavement Support Group

Meets monthly, open format/peer facilitated. Call or email for location and time.

Contact: Kathy Toof at 603-749-1765 or katt1076Acomcast.net or CG Shaffer at 603-770-8932 or cgshaffer@gmail.com

Nationwide

Friends for Survival

Telephone Support

Contact: 1-800-646-7322 for call back.

Please go to www.theconnectproject.org for more information on survivor resources (under Get Help) or contact Becky McEnany at 603-545-7267 or bmcenany@naminh.org for help connecting to resources.

Telephone Resources and Hotlines for Survivors

New Hampshire Hotlines:

The Samaritans, Inc. Hotlines (NH)
(603) 357-5505 or (603) 924-7000
Teen Hotline: (877) 583-TEEN
Headrest Teenline: 800-639-6095

National Hotlines:

National Suicide Prevention Crisis Hotline: (800) 273-TALK (8255)
For Support in Spanish, call 1-888-628-9454
Hopeline Network: (800) SUICIDE (784-2433)
Friends for Survival: (800) 646-7322

Internet Resources for Suicide Survivors

National Alliance on Mental Illness (NAMI) www.nami.org
National alliance on Mental Illness NH (NAMI NH) www.naminh.org
American Foundation for Suicide Prevention www.afsp.org
American association of Suicidology www.suicidology.org
GriefNet (online support group) www.griefnet.org
SAVE- Suicide awareness/Voices of Education www.save.org
Suicide Prevention Resource Center (SPRC) www.sprc.org

Music for Survivors

In your local music store and online, you will find music to promote healing and help survivors recover from the emotional trauma and extended grief that follows suicide. The following CDs were produced by survivors for survivors.

Before Their Time, www.beforetheirtime.org, or (800) 447-3803 to order.
Chaos of the Heart, www.musicforthesoul.org/chaos.html or 1-877-298-9081 to order.

Books for Survivors

In your local bookstore and library, you will find many books written on grief and for suicide survivors in particular. In this folder, you will find listings of books available to you free of charge through the Family Resource Connection in Concord and 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

*****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**

NH Survivor Calendar- You will find a calendar of activities in this folder. Often survivors find that attending these activities helps them to connect with other survivors and, as time goes on, some survivors find involvement in advocacy efforts helps them in their own healing.