

## **Resources for Survivors**

Following the death of a loved one by suicide, it is very common for survivors 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 (see enclosed sheet for details and locations).

### **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) 357-6878 or (603) 357-4400 (24 hours)

#### **Upper Valley Area/Region II**

West Central Behavioral Health, Lebanon, NH  
(603) 448-0126 or (603) 542-2578 in an emergency (800) 320-9847 (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, Henniker, NH  
(603) 428-3336  
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  
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.

**Support Groups**

There are many support groups across New Hampshire for those who have lost a family member, friend, or relative 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.

\*\*Please see NH Survivors Newsletter for more details on support groups in New Hampshire.

### **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: 8 00-639-6095  
NH Helpline: 8 00-852-3388 (8am-8pm)

#### **National Hotlines:**

Hopeline Network: (800) SUICIDE (784-2433)  
Friends for Survival: (800) 646-7322  
National Suicide Prevention Crisis Hotline: (800) 273-TALK (8255)  
For Support in Spanish, call (877) SUICIDA or (877) 784-2433

### **Internet Resources for Suicide Survivors**

National Alliance on Mental Illness (NAMI) [www.nami.org](http://www.nami.org)  
National alliance on Mental Illness NH (NAMI NH) [www.naminh.org](http://www.naminh.org)  
American Foundation for Suicide Prevention [www.afsp.org](http://www.afsp.org)  
American association of Suicidology [www.suicidology.org](http://www.suicidology.org)  
GriefNet (online support group) [www.griefnet.org](http://www.griefnet.org)  
Suicide Prevention Advocacy Network [www.spanusa.org](http://www.spanusa.org)  
SAVE- Suicide awareness/Voices of Education [www.save.org](http://www.save.org)  
Suicide Prevention Resource Center (SPRC) [www.sprc.org](http://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](http://www.beforetheirtime.org), or (800) 447-3807 to order.  
Chaos of the Heart, [www.musicforthesoul.org/chaos.html](http://www.musicforthesoul.org/chaos.html) or (615) 297-8297 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 the packet, 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