

## You Are Not Alone

We are very sorry about the death of your loved one. The shock and pain experienced by friends and family following a sudden death can seem almost unbearable. It is important for you to know that you are not alone.

After a traumatic loss, it is normal to have very intense feelings and reactions that may include the following:

- Shock and Numbness
- Difficulty Eating and Sleeping
- Hypervigilance, Flashbacks and Intrusive Thoughts  
*(especially if you witnessed the death or found your loved one)*
- Anxiety and Worry
- Guilt and Shame
- Depression
- Anger
- Questioning Faith
- Asking WHY???

Consider the following suggestions:

**Seek Support:** A community of friends and family can be a great comfort after a loss.

**Reach Out:** Isolation after a loss is common, but too much of it can lead to depression.

**Maintain Self-care:** Keep active, explore new habits such as exercise, journaling, or yoga.

**Help and Support Are Available**

## Resources for Sudden Loss Bereavement

### 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](http://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](http://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.victiminc.org](http://www.victiminc.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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.NAMINH.org/survivors)

**SAVE - Suicide Awareness/Voices of Education:** [www.save.org](http://www.save.org)

**American Foundation for Suicide Prevention:** [www.afsp.org](http://www.afsp.org)

**GriefNet** (online support group):  
[www.griefnet.org](http://www.griefnet.org)

**Friends for Survival** – Offering Help  
After A Suicide Death  
[www.friendsforsurvival.org](http://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*.



 **NAMI New Hampshire**  
National Alliance on Mental Illness

85 North State Street  
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[www.TheConnectProgram.org](http://www.TheConnectProgram.org)  
[www.NAMINH.org](http://www.NAMINH.org)  
(800) 242-6264 · (603) 225-5359

Connect is a nationally recognized, evidence-informed program developed by NAMI New Hampshire (National Alliance on Mental Illness)

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  **ONLINE**  
Training Professionals & Communities in  
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# New Hampshire

## GRIEF SUPPORT AFTER SUDDEN TRAUMATIC LOSS

