

RESOURCES FOR BEREAVED ADULTS

Home Health and Hospice Care Bereavement support is available to those connected with hospice as well as community members. Our bereavement clinicians are available for support to anyone grieving the death of a loved one. Our program includes support groups, a local bereavement lending library, grief therapist referrals, and children's grief resources. To connect with one of our bereavement clinicians for grief support & additional information, please give us a call.

Heather Principato (603) 420-1937 & Bianca Staudt (603) 420-1919

Online Support

www.caringinfo.org - National Hospice and Palliative Care Organization (NHPCO), a national organization with a wealth of information available about hospice, palliative care and grief/loss for families, patients and loved ones.

www.centerforloss.com - Center for Loss and Life Transition, an organization dedicated to helping people who are grieving and those who care for them.

www.centering.org - Centering Corporation provides education resources and bookstore for caregivers and families.

www.grief.com - A website developed by a well-known grief expert and author, David Kessler, full of articles and information about grief and loss as well as podcasts and support group options.

www.whatsyourgrief.com - A great resource full of articles, podcasts and webinars about many different aspects of grief and loss presented in a relatable and real way for all people who are grieving.

www.optionB.org - Dedicated to helping people build resilience in the face of adversity, find information from experts on grief, loss and resiliency as well as support groups and a place to share personal stories.

www.dougy.org - A place to find grief resources for children, teens and young adults before and after a death.

Traumatic Death

Louis D Brown Peace Institute, located near Boston, serves as a center of healing, teaching and learning for families and communities impacted by murder, trauma, grief and loss. **Call (617)-825-1917 or visit www.ldbpeaceinstitute.org**

The Llost Foundation (Loss of loved ones to sudden tragedy) focuses on support family members, friends and loved ones after a sudden death. **Visit www.llost.org**

The National Organization of Murdered Children mission is to provide support and assistance to all survivors of homicide victims while working to create a world free of murder. **Call (513)-721-5683 or visit www.pomc.org**

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Substance Related Death

GRASP (Grief support After a Substance Passing) is a national organization for people who are grieving a death from substance use or addiction. Call Grace Freje at the Manchester chapter (603)-533-7978 or visit www.grasphelp.org

Death From Suicide

The National Alliance on Mental Health New Hampshire has good resources and information for people grieving a death from suicide, as well as a list of support groups. Call 1-800-242-6264 or visit www.naminh.org

SAVE (Suicide Awareness Voices of Education) is a national nonprofit group focused on awareness and support about suicide. They also offer grief support to people who are dealing with the death of a loved one from suicide. Call 1-800-273-8255 or visit www.save.org

Young Adults Grieving

Actively Moving Forward is a national network created in response to the needs of grieving young adults. Visit www.healgrief.org/actively-moving-forward

The Dinner Party is non-profit with a mission to transform life after loss from an isolating experience into one marked by community support, candid conversation, and forward movement using the age old practice of breaking bread. Visit www.thedinnerparty.org

Children/Teen Grief Support

Friends of Aine is a NH organization providing support to children, teens and families who are grieving the death of a loved one. Call 603-668-1207 or visit www.friendsofaine.com

The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them. Call (866) 432-1542 or visit www.childrengrieve.org

Pregnancy/Infant Loss

Share Pregnancy & Infant Loss Support is a community for anyone who experiences the tragic death of a baby, parents, grandparents, siblings, other family members and the professionals who care for grieving families. There are local chapters in NH. Call (636)-947-6164 or visit www.nationalshare.org

Death of a Child

The Compassionate Friends is a national organization with NH chapters providing support and hope to every family experiencing the death of a child at any age. Call (603) 391-5387 for NH chapter or visit www.compassionatefriends.org

Bereaved Parents of the USA was founded by a group of bereaved parents to offer support, understanding, and hope to fellow bereaved parents, siblings and grandparents after the death of a child at any age.

Call Beth Hendershot for NH Chapter at (603) 887-4302 or visit www.bereavedparentsusa.org

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