

## 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 at (603) 420-1919**

### Online Support

**[www.caringinfo.org](http://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](http://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](http://www.centering.org)** - Centering Corporation provides education resources and bookstore for caregivers and families.

**[www.grief.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 <https://nacg.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 <https://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](http://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](http://www.bereavedparentsusa.org)

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