Grief and Loss Resources

Exeter Hospital Bereavement Services & Grief Support Groups

The death of a loved one leaves behind feelings of loss which give way to deep pain. Working through the pain is what is called grief work. Although no two experiences are the same, we do know that it is a process that all must go through. Reactions, though typical, will differ for each person and vary in degree, intensity and duration.

It is the goal of the Bereavement Program of Rockingham Visiting Nurse Association & Hospice to help those who have experienced loss understand and normalize their feelings of grief. It is with this purpose that bereavement support groups are offered.

These groups, which are open to the public and free of charge, are held for a six-week period of time and are offered several times a year.

Lee Maher, MS, provides bereavement support in private residences, nursing homes, hospitals, support groups and workshops so that grief can be expressed in a healthy context.

For further information about Bereavement Services, please call **Lee Maher**, Rockingham VNA & Hospice Bereavement Coordinator at 1-800-540-2981.

New Hampshire Department of Health Grief Support

Please go to this website for information:
www.dhhs.**nh**.gov/dphs/bchs/mch/documents/**griefsupport**.

National Level Resources

- **Bereaved Parents of the USA** - Offers support for parents, siblings, and grandparents
  http://www.bereavedparentsusa.org

- **The Compassionate Friends** - Offers support for families after the death of a child of any age

http://www.compassionatefriends.org
Tel: (877) 969-0010

- **MISS Foundation** - providing crisis support and long term aid to families after the death of a child from any cause.
  http://www.misschildren.org/

- **The Dougy Center** - The National Center for Grieving Children and Families
  http://www.dougy.org

- **Share Pregnancy & Infant Loss Support, Inc.**
  http://www.nationalshare.org
  Tel: (800) 821-6819

- **Suicide Prevention Resource Center**
  http://www.sprc.org

- **American Foundation for Suicide Prevention**
  http://www.afsp.org

- **American Association of Suicidology**
  http://www.suicidology.org

- **Training in Suicide Prevention, Intervention and Postvention**
  http://www.theconnectproject.org