

## SUICIDE RESOURCE LIST

*"Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge. Even all the hairs of your head are counted. So, do not be afraid; you are worth more than many sparrows."* Mt 10:29-31

### COMMUNITY RESOURCES:

-for prevention, crisis, education, support, counseling

**National Suicide Prevention Hotline**  
**1-800-273-8255(TALK)**  
**24/7 free assistance**

<https://suicidepreventionlifeline.org>

**American Foundation for Suicide Prevention**  
**1-800-273-8255**

<https://afsp.org/chapter/new-hampshire>

<https://afsp.org/risk-factors-and-warning-signs>

Suicide Awareness Voices of Education:

-education, training, grief support, counseling, products, resources  
[save.org](http://save.org)

Suicide Prevention Resource Center  
[sprc.org](http://sprc.org)

NH Dept of Health and Human Services  
[dhhs.nh.gov](http://dhhs.nh.gov)

Various crisis line contact info  
(crisis, Veterans, trans, LGBT, etc.)  
<http://www.naminh.org/resources-2/crisis-line>

prevention and education  
<https://www.cdc.gov/violenceprevention/suicide/index.html>

warning signs and other information  
<https://www.samhsa.gov/find-help/suicide-prevention>

**National Hopeline Network-toll free line offers 24-hour suicide crisis support**  
**1-800-784-2433 (SUICIDE)**

**COUNSELING RESOURCES:**  
Suicide prevention AND  
grief counseling and support

NH Catholic Charities  
[www.ccnh-org](http://www.ccnh-org).

Greater Nashua Mental Health Center  
603 889 6147  
Deaf 603 821 0073  
**Emergency hotline:**  
**1-800-762-8191**  
<https://gnmhc.org>

The Mental Health Center of Greater Manchester  
**Mobile crisis line**  
**1-800-688-3544**  
<https://www.mhcgm>

**CHURCH TEACHING:**  
[www.catholicnh.org](http://www.catholicnh.org)

*Catechism of the Catholic Church*  
#2280-2283  
<https://www.usccb.org/sites/default/files/flip-books/catechism/552/>

"We should not despair of the eternal salvation of persons who have taken their own lives. By ways known to him alone, God can provide the opportunity for salutary repentance. **The Church prays for persons who have taken their own lives.**"  
CCC#2283

\*this list is only a few of the resources available online and in the community.

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FORMED.org

*Doctordoctor* episode # 60  
“Deaths of Despair”

*13 Reasons Why you Matter*  
By Noelle Garcia

*The Dignity of Life*  
with Paul George

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