

Survivor Voices:
National Alliance on Mental Illness New Hampshire Program (NAMI NH)
Young Adults Sharing Their Stories of Suicide Loss

Help lead the way in New Hampshire!

Survivors of Suicide Loss play an important role increasing awareness about suicide. By speaking about your personal loss, and telling your story about your family member, sibling, or friend's life or death, you can promote healing and understanding which in turn will support suicide prevention and survivor support.

**Are you a survivor of suicide loss and between the ages of 18-25?
Would you like to learn how to tell your story of suicide loss safely to help others?**

This is a three-day training (totaling 11 hours) for survivors of suicide loss of this age group who would like to learn how to tell their story safely and effectively. The first day of training will focus on the basics of public speaking, issues to be aware of around speaking about suicide, safe messaging, honing your message for particular audiences and composing your story. The second and third days of the training will give you an opportunity to share your presentation, evaluate yourself, get feedback from the group, discuss how to be responsive to your audience, and review responses to difficult questions if they should arise.

When: March/April (Date to be Determined)

Location: Zoom through NAMI NH

To Apply: The training is limited to 5 participants! It is suggested that survivors be at least 1 ½ to 2 years from their loss before attending; however, some survivors are ready earlier and should feel free to talk with us if you would like to attend.

Note, space is very limited so connect with Steve Boczenowski at sboczenowski@naminh.org as soon as possible for more information and the registration form, Thank you!



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Training Professionals & Communities in
Suicide Prevention & Response[®]