

## Resources re: Suicide Loss and Postvention

*Every suicide is a tragedy that affects families, communities and countries and has long-lasting effects on the people left behind.* (World Health Organization, 2011)

### Books for Clinicians:

- Grad, O.T. (2017). *Postvention in Action: The International Handbook of Suicide Bereavement Support*. Boston, MA: Hogrefe Publishing
- Jordan, John R. & McIntosh, John L. (2015). *Grief after Suicide: Understanding the consequences and caring for the survivor*.
- Rynearson, Edward (2001). *Retelling Violent Death*.
- Singer, Jonathan, Poland, Scott, & Erbacher, Terri (2014), *Suicide in the Schools: A Practitioner's Guide to Multi-level Prevention, Assessment, Intervention, and Postvention*.

### Books for Adults:

- Ashton, J. (2019). *Life after Suicide: Finding Comfort & Community after Unthinkable Loss*.
- Baughner, Bob & Jordan, John (2016). *After Suicide Loss: Coping with your grief*.
- Bolton, Iris (1984). *My Son...My Son...A guide to healing after a suicide in the family*.
- Bolton, Iris (2017). *Voices of Hope and Healing: Conversations on Grief after Suicide*.
- Fine, Carla (1997). *No Time To Say Goodbye: Surviving the suicide of a loved one*.
- Fine, Carla & Michael Myers, MD (2006). *Touched by Suicide: Hope and healing after loss*.
- Joiner, Thomas (2011). *Myths about Suicide*.
- Joiner, Thomas (2007). *Why People Die by Suicide*.
- Heilmann, Lena M.Q. (2019). *Still with us: Voices of sibling suicide loss survivors*
- Knapp, Richard & Pincus, J. David (2019). *Sons of Suicide: A memoir of friendship*
- Linn-Gust, Michelle & Cerel, Julie (2011). *Seeking hope: Stories of the bereaved*
- Linn-Gust, Michelle (2010). *Rocky Roads: The Journey of Families through Suicide Grief*
- Rappaport, Nancy (2011) *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide*
- Rose, SHERALYN (2015). *Suicide Tsunami: Living in the Aftermath*

### For Adults Supporting Children:

- Stubbs, D. & Stikes, J. (2008) (2nd ED). *Beyond the rough rock: Supporting the child who has been bereaved by suicide*. London, UK: Winston's Wish.
- Requarth, Margo (2006). *After a Parent's Suicide: Helping Children Heal*.
- Montgomery, Sarah & Coale, Susan (2015). *Supporting Children after a Suicide Loss: A Guide for Parents and Caregivers*.
- Rubel, Margo (2020), *But I Didn't Say Goodbye: Helping Families After a Suicide*.

### Children's Books

- Agell, Charlotte (2019). *Maybe Tomorrow* (picture book about coping with loss)
- Cammatata, Doreen (2009). *Someone I Love Died By Suicide*.
- Cave, Kathryn (2020). *You've Got Dragons*
- Chalifour, Francis (2005). *After* (teens+). Fifteen year-old boy's memoir about the loss of his father to suicide.
- Dougy Center (2014). *After a Suicide Death: A activity book for grieving kids*.
- Karst, Patrice (2018). *The Invisible String* (wonderful for continuing bonds—all ages)
- Karst, Patrice (2019) *The Invisible String Workbook: Creative activities to comfort, calm and connect*.
- Loehr, Carole Ann (2006). *My Uncle Keith Died* (provides an example of explaining suicide loss to children; includes a discussion guide for parents re: how to talk with children).
- Miller, Pat Zietlow (2019). *When You Are Brave*
- Rowland, Joanna (2020). *The Memory Book: A grief journal for children and families*.
- Rubenstein, Lauren (2013). *Visiting Feelings* (mindfulness approach to exploring feelings)
- Smid, Emmi (2015). *Luna's Red Hat: An illustrated storybook to help children cope with loss and suicide*.
- Paradis, Susan (2019). *Edna* (picture book about an elephant with worries- all ages).
- Servaty-Seib, Heather and Fagenbaum, David (2015). *We Get It: Voices of College Students and Young Adults* (18+). Includes stories of suicide loss.
- Witek, Jo (2014). *In My Heart: A book of feelings*.
- Young, Karen (2016). *Hey Warrior*; (2018) *Hey Awesome* (books explaining anxiety and a strengths-based approach)

For more book recommendations: <https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/books-loss-survivors/>

## Online Resources

**World Health Organization Suicide Data:** [http://www.who.int/mental\\_health/prevention/suicide/suicideprevent/en/](http://www.who.int/mental_health/prevention/suicide/suicideprevent/en/)

**U.S.A Suicide: Official Final Data (2017):** <https://suicidology.org/facts-and-statistics/>

**Responding to Grief, Trauma, and Distress After Suicide: U.S. National Guidelines. Survivors of Suicide Loss Task Force (2015)** <https://theactionalliance.org/resource/responding-grief-trauma-and-distress-after-suicide-us-national-guidelines>

**American Association of Suicidology Clinician Survivor's Task Force.** <http://cliniciansurvivor.org> (provides consultation, support, and education to psychotherapists and other mental health professionals after the suicide death of a patient/client and/or family members).

**Children, Teens, and Suicide Loss** ~ American Foundation for Suicide Prevention

<https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/children-teens-suicide-loss/>

**After a Suicide: A Toolkit for Schools** <https://afsp.org/our-work/education/after-a-suicide-a-toolkit-for-schools/>

**The Words To Say It: When a Parent Dies by Suicide**, Nancy Rappoport, MD (author of *In Her Wake: A Child Psychiatrist Explores the Mystery of her Mother's Suicide*)

<https://www.nancyrappoport.com/wp-content/uploads/2018/04/The-Words-to-Say-It.pdf>

**Supporting Children and Teens after a Suicide Death, The Dougy Center**

[https://www.dougy.org/docs/TDC\\_Supporting\\_Children\\_\\_Teens\\_After\\_a\\_Suicide\\_Death\\_2018.pdf](https://www.dougy.org/docs/TDC_Supporting_Children__Teens_After_a_Suicide_Death_2018.pdf)

### Films, Podcasts, Interviews

**The Journey (AFSP)** <http://www.survivorday.org/survivor-day-documentaries/>

**Red Chocolate Elephants**, Diana Sands, Australia

Watch Trailer: <https://www.youtube.com/watch?v=aWyxQMPeBaQ>

**Understanding Suicide Loss, Supporting Children**, The Dougy Center DVD

Watch trailer: <https://vimeo.com/ondemand/understandingsuicide>

**Left Behind, Kerry Payne Photography**, kerrypayne.net (winner of 2014 International Photography Award)

*"Left Behind" probes the complicated grief facing those left behind when somebody they love dies by suicide.*

**Evelyn** (2019) Documentary film released on Netflix on World Suicide Prevention Day (family walking across Scotland to process (after 13 years) the loss of brother to suicide.

**Life after Suicide, Podcast with Jennifer Ashton** (series of 48 minute interviews re: suicide loss

<https://podcasts.apple.com/us/podcast/life-after-suicide/id1460022071>)

**Grieving a Suicide Death. What's Your Grief?** <https://whatsyourgrief.com/grieving-suicide-death/>

**Interview with Thomas Joiner, Ph. D** (father died of suicide; author of *Why People Die By Suicide* (2006) and *Myths about Suicide* (2011). <https://www.npr.org/templates/story/story.php?storyId=126365907?storyId=126365907>

**Interview with Julie Cerel, Ph.D** (past president of American Association of Suicidology)

<https://www.youtube.com/watch?v=tzSAPBswDXw>

**Is Suicide a Choice**, Kim Ruocco, MSW <https://www.taps.org/articles/21-1/suicide>

**"Shame Festers in Dark Places": Keeping Suicide Secret**, Stacy Freedenthal Ph.D, LCSW

<https://www.speakingofsuicide.com/2013/06/30/keeping-suicide-secret/>

**Postvention as Prevention**, Ken Norton, LICSW <https://www.sprc.org/news/postvention-prevention>

### Websites

American Foundation for Suicide Prevention (individual and group support) <https://afsp.org/ive-lost-someone>

American Association for Suicidology <http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>

For Clinicians and Mental Health Professionals <http://cliniciansurvivor.org>

Alliance for Hope for Suicide Loss Survivors <https://allianceofhope.org>

LOSS Team: Postvention Workshops and Training <http://www.lossteam.com/>

LOSS (Loving Outreach to Survivors of Suicide). [www.catholiccharities.net/loss](http://www.catholiccharities.net/loss)

National Child Traumatic Stress Network <http://www.nctsn.org/trauma-types/traumatic-grief/parents-caregivers>

National Alliance for Grieving Children [www.nationalallianceforgrievingchildren.org](http://www.nationalallianceforgrievingchildren.org)

National Alliance on Mental Illness <https://nami.org/>; <https://www.namimaine.org/>

The Center for Grieving Children <https://www.cgcmaine.org/>

The Dougy Center <https://www.dougy.org/>

Tragedy Assistance Program for Survivors of Suicide Loss <https://www.taps.org/suicide>

SAVE: Suicide Awareness, Voices of Education: <https://save.org/what-we-do/grief-support/>

Speaking of Suicide <https://www.speakingofsuicide.com/category/survivors/suicide-loss-survivors/>

Suicide Prevention Resource Center <https://www.sprc.org/>

Uniting for Suicide Postvention <https://www.mirecc.va.gov/vsn19/postvention/>

Information and podcasts: <https://www.mirecc.va.gov/vsn19/postvention/community/content.asp#top>

Violent Loss Bereavement Society [www.vlbs.org](http://www.vlbs.org)

<https://christinelinnehan.com/>