

## Resources re: Suicide Loss

*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:

- Andriessen, Karl, Krysinska, Karolina, & Grad, Onja (2017). *Postvention in Action: The International Handbook of Suicide Bereavement Support*.
- Dyregrov, Kari, Plyhn, Einar, & Dieserud, Gudrun (2011). *After the Suicide: Helping the bereaved find a path from grief to recovery*.
- Jordan, John R. & McIntosh, John L. (2015). *Grief after Suicide: Understanding the consequences and caring for the survivor*.
- O'Connor, Rory (2021). *When it is the darkest: Why people die by suicide and what we can do to prevent it*.
- 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:

- Archibald, LaRita (2012). *Finding Peace Without All the Pieces: After a loved one's suicide*.
- Ashton, J. (2019). *Life after Suicide: Finding Comfort & Community after Unthinkable Loss*.
- Auerbach, Susan (2017). *I'll Write Your Name on Every Beach: A Mother's Quest for Comfort, Courage, and Clarity after Suicide Loss*.
- Baughner, Bob & Jordan, John (2016). *After Suicide Loss: Coping with your grief* (includes practical advice for the newly bereaved)
- 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)
- Biles, Jessica & Kelly-Wavering, Jillian (2022). *My Grief is Like the Ocean: A Story for Children Who Lost a Parent to Suicide* (story told from the perspective of a boy who lost his father; can be adapted for all ages.)
- Cammatata, Doreen (2009). *Someone I Love Died By Suicide*.
- 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).
- Rowland, Joanna (2020). *The Memory Book: A grief journal for children and families*.
- Smid, Emmi (2015). *Luna's Red Hat: An illustrated storybook to help children cope with loss and suicide*.
- Schweibert, Patricia (2005). *Tear Soup: A recipe for healing after loss* (can be adapted to all ages).
- 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.
- Young, Karen (2016). *Hey Warrior*; (2018) *Hey Awesome*; (2022) *Dear You, Love from Your Brain* (strength-focused approach for anxiety)

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

## Online Resources

**The Coalition of Clinician Survivors (CCS):** <https://www.cliniciansurvivor.org>

Provides support & resources to clinicians & other professional caregivers with the experience of suicide loss of patients/clients, family members, loved ones, students &/or colleagues

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

**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/>

**Supporting Children Who Are Grieving a Death by Suicide.** National Alliance for Children's Grief (2022). <https://indd.adobe.com/view/48f1b1b4-bd61-4a03-9178-7b0456790535>

**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/resources?how=suicide&who=&type=&audience=>

Alliance of Hope for Suicide Loss Survivors articles about “Supporting Children and Teens After A Suicide Death” <https://allianceofhope.org/find-support/children-teens/supporting-children-and-teens-after-a-suicide-death/>

## Films, Podcasts, Interviews

**The Journey** (AFSP) (1/2 hour film of the bereaved sharing their stories and how they coped).

<https://afsp.org/international-survivors-of-suicide-loss-day-documentaries#the-journey--a-story-of-healing-and-hope-and-the-journey-revisited>

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

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

**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** (Re: suicide exposure #Not6) <https://www.youtube.com/watch?v=tzSAPBswDXw>  
**Is Suicide a Choice**, article by Kim Ruocco, MSW <https://www.taps.org/articles/21-1/suicide>

**Blogs:** [www.OurSideOfSuicide.com](http://www.OurSideOfSuicide.com)

## Websites

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

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

American Association of Suicidology, “*Resources for Suicide Loss Survivors*”, <https://suicidology.org/wp-content/uploads/2019/07/Resources-for-Survivors-of-Suicide.pdf>

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

For the newly bereaved: <https://allianceofhope.org/find-support/for-new-survivors/>

Friends For Survival: <https://friendsforsurvival.org/>

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

National Alliance for Children's Grief: <https://nacg.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/>

Uniting for Suicide Postvention <https://www.mirecc.va.gov/visn19/postvention/>

Information and podcasts: <https://www.mirecc.va.gov/visn19/postvention/community/content.asp#top>