



## GO-TO BOOKS AND RESOURCES FOR SURVIVORS OF SUICIDE LOSS

### BOOKS

#### Start Here

After Suicide Loss: Coping with Your Grief (2d ed), Bob Baugher and Jack Jordan  
Touched by Suicide: Hope and Healing After Loss, Michael F. Myers, MD and Carla Fine  
Healing After the Suicide of a Loved One, Ann Smolin and John Guinan

#### Loss of a Child

My Son, My Son: A Guide to Healing After Death, Loss, or Suicide, Iris Bolton  
A Force Unfamiliar to Me: A Cautionary Tale, Jane Butler  
When Suicide Comes Home: A Father's Diary and Comments, Paul Cox  
Devastating Losses: How Parents Cope with the Death of a Child to Suicide or Drugs, William Feigelman, et al.  
Garrett: One Family's Battle with a Child's Depression, Sen. Gordon H. Smith  
Suicide of a Child, Adina Wroblewski

#### Loss of a Parent

Losing a Parent to Suicide: Using Lived Experiences to Inform Bereavement Counseling, Marty Loy and Amy Boelk  
Before Their Time: Adult Children's Experiences of Parental Suicide, Mary and Maureen Stimming  
Dead Reckoning: A Therapist Confronts His Own Grief, David Treadway

#### Loss of a Sibling

History of a Suicide: My Sister's Unfinished Life, Jill Bialosky  
Still With Us: Voices of Sibling Suicide Loss Survivors, Lena M.Q. Heilmann  
A Special Scar: The Experience of People Bereaved by Suicide, Alison Wertheimer

#### Loss of a Spouse, Partner, or Significant Other

No Time to Say Goodbye: Surviving the Suicide of a Loved One, Carla Fine  
Never Regret the Pain: Loving and Losing a Bipolar Spouse, Sel Erder Yackley

#### Helping Children and Teens

##### **Books**

After, Francis Chalfour  
After a Suicide: Young People Speak Up, Susan Kuklin  
After a Parent's Suicide: Helping Children Heal, Margo Requarth  
But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors, Barbara Rubel  
After a Suicide Death: An Activity Book for Grieving Kids, [www.dougy.org](http://www.dougy.org)

##### **Organizations**

Camp Kita: [www.campkita.org](http://www.campkita.org)  
The Dougy Center for Grieving Children and Families: [www.dougy.org](http://www.dougy.org)  
National Alliance for Children's Grief: [www.childrengrieve.org](http://www.childrengrieve.org)

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### Understanding Different Grieving Styles

When A Man Faces Grief/A Man You Know is Grieving, James Miller and Thomas R. Golden

Grieving Beyond Gender: Understanding the Ways Men and Women Mourn (2nd ed.), Kenneth Doka and Terry Martin

### Understanding Suicide and Mental Illness

November of the Soul: The Enigma of Suicide, George Howe Colt

Understanding Depression: What We Know and What You Can Do About It, J. Raymond DePaulo, Jr.

Night Falls Fast: Understanding Suicide, Kay Redfield Jamison

An Unquiet Mind: A Memoir of Moods and Madness, Kay Redfield Jamison

Why People Die by Suicide, Thomas Joiner

When it is Darkest: Why People Die by Suicide, Rory O'Connor

Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis Among African Americans, Alvin F. Poussaint, M.D., and Amy Alexander

The Noonday Demon: An Atlas of Depression, Andrew Solomon

## RESOURCES

### Annual Healing Conference (November)

International Survivors of Suicide Loss Day: <https://afsp.org/international-survivors-of-suicide-loss-day>

### Online Support

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

Healing Conversations: Personal Support for Survivors of Suicide Loss: <https://afsp.org/healing-conversations>

Parents of Suicides and Friends & Families of Suicides: <https://www.facebook.com/groups/posffos/>

### Organizations

American Foundation for Suicide Prevention: <https://afsp.org/ive-lost-someone>

Coping After Suicide: [www.copingaftersuicide.com](http://www.copingaftersuicide.com)

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

### Support Groups

<https://afsp.org/find-a-support-group>

<https://www.copingaftersuicide.com/support-groups>

<https://save.org/save-support-groups/>

### For Guidance in Case of Crisis

Crisis Text Line: text "TALK" to 741-741

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Trevor Project (for LGBTQ youth): [www.thetrevorproject.org/get-help/](http://www.thetrevorproject.org/get-help/)

Trans Lifeline: 877-565-8860

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