Resources re: Suicide Loss


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


Articles:


Interview with Dr. Jack Jordan (author of the text: Grief After Suicide, 2011).


More resources: http://johnjordanphd.com/publications.html (Dr. Jordan’s website)
www.vdbs.org (Violent Loss Bereavement, Dr. Rynearson’s website)
http://actionallianceforsuicideprevention.org/task-force/survivors-suicide-loss

Interview with Thomas Joiner, Ph.D (father died of suicide; author of Why People Die By Suicide (2006) and Myths about Suicide (2011).


Videos: (Red Chocolate Elephants preview)
https://www.youtube.com/watch?v=aWyxQMPeBaQ

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

Collateral Damage: Images of Those Left Behind By Suicide

www.leftbehindbysuicide.org
All sorrows can be borne if you tell a story about them ~ Isak Dinesen

Books for Children/Teens

Buron, Kari Dunn (2006). When My Worries Get Too Big: A Relaxation Book for Children who Live with Anxiety (great breathing/self-regulation exercise)
Chalifour, Francis (2005). After (novel about a 15 year old boy after his father’s death by suicide)
Harper, Jennifer Cohen (2013). Little Flower Yoga for Kids (foreword by Daniel Siegel, MD) (great chapters on breathing and relaxation)
Karst, Patrice (2000). The Invisible String (can be adapted to all ages re: “continuing bonds)
Lorig, Stephanie & Frankel, Rosalie (2014). Draw It Out (art journal for school-aged kids)
Paradis, Susan (2012). Edna (can be adapted to all ages-adults too)
Park, Barbara (1995). Mick Harte Was Here (pre-adolescents re: sibling loss; can adapt for teens and adults; sudden accident loss and good example of how to process “why” and “if only”).
Roberts, Lisa (2014). Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation, and Relaxation to Kids and Teens (breathing techniques!)
Schwiebert, Pat & DeKlyen, Chuck (2007). Tear Soup (can be adapted to all ages).
Seuss, Dr. (1996). My Many Colored Days (young children re: all the different ways we might feel)
Thich Nhat Hanh (2012). A Handful of Quiet (guided imagery, can be adapted for all ages)
Volavkovd, Hana (1993). I Never Saw Another Butterfly...Children’s Drawings and Poems from Terezin Concentration Camp
Wheeler, Jenny Lee (2010). Weird is Normal: When Teenagers Grieve (teens)
Whitehouse, Elaine (1998). There’s A Volcano in My Tummy (school aged kids)

Young Adults:
Kaplan Schreiber, Jennifer (2010). You Are Not Alone: Young Adults Coping With Death