

Resources re: Suicide Loss

- American Foundation for Suicide Prevention (2011). *After a Suicide: A Toolkit for Schools*. Available at: <http://www.afsp.org/files/Surviving/toolkit.pdf>
- Jordan, J.R. & McIntosh, J.L. (2011) (Eds). *Grief after Suicide: Understanding the consequences and caring for survivors*. NY: Routledge
- Linn-Gust, M. (2010). *A Winding Road: A Handbook for those supporting the suicide bereaved*. Albuquerque: Chellehead Works
- Linn-Gust, M. & Cerel, J. (2011). *Seeking hope: Stories of the bereaved*. Chellehead Works.
- Requarth, Margo (2008). *After a Parent's Suicide: Helping Children Heal*. Sebastapol, CA: Healing Hearts Press.
- Rappaport, N. (2009). *In Her Wake: A child psychiatrist explores the mystery of her mother's suicide*. NY: Basic Books.
- Rubel, B. (2009). *But I Didn't Get to Say Goodbye: Helping Children and families after a suicide*. New Jersey: Griefwork Center.
- 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
- Wertheimer, A. (2014) (4th Ed). *A special scar: The experiences of people bereaved by suicide*. NY: Routledge

Articles:

- Cain, A. C. (2002). *Children of suicide: The telling and the knowing*. *Psychiatry*, 65, 124-136
- Cerel, J., Jordan, J.R., & Duberstein, P.R. (2008). The impact of suicide on the family. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 29, 38-44.
- Jordan, J. & McIntosh, J. (2011). Is suicide bereavement different? Perspectives from research and practice. In R. Neimeyer, D. Harris, H. Winokuer & G. Thornton (Eds.), *Grief and Bereavement in Contemporary Society: Bridging Research and Practice* (pp. 223-234). New York: Routledge
- Interview with Dr. Jack Jordan** (author of the text: *Grief After Suicide*, 2011). <http://psychcentral.com/lib/grief-after-suicide-an-interview-with-dr-jack-jordan/0008339>
- More resources:** <http://johnjordanphd.com/publications.html> (Dr. Jordan's website)
www.vdbs.org (Violent Loss Bereavement, Dr. Ryneanson's website)
<http://www.afsp.org/coping-with-suicide-loss/where-do-i-begin/books-for-survivors>
<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)). <http://psychcentral.com/lib/grief-after-suicide-an-interview-with-dr-jack-jordan/0008339>
- 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)
- Cammata, Doreen (2009). *Someone I Love Died By Suicide* (young school aged children).
- Grollman, Earl & Johnson, Joy (2001). *A Teenager's Book About Suicide: Helping break the silence and preventing death.*
- Harper, Jennifer Cohen (2013). *Little Flower Yoga for Kids* (foreword by Daniel Siegel, MD) (great chapters on breathing and relaxation)
- Holmes, M. (2000). *A Terrible Thing Happened* (for young children)
- Harpham, W. (1997). *Becky and the Worry Cup* (kindergarten age child coping with mother's cancer)
- Karst, Patrice (2000). *The Invisible String* (can be adapted to all ages re: "continuing bonds")
- Kwaymullina, A. & E. *The Two-Hearted Numbat* (2008). All ages
- Loehr, Carole Ann (2006). *My Uncle Keith Died* (young children, suicide loss)
- Lorig, Stephanie & Frankel, Rosalie (2014). *Draw It Out* (art journal for school-aged kids)
- Moundic, Charlotte (2011). *The Scar*. Somerville, MA: Candlewick (picture book, loss of a mother)
- 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!)
- Rubenstein, Lauren (2014). *Visiting Feelings* (school age).
- Sands, D. (2010). *Red Chocolate Elephants: For children bereaved by suicide*. Sydney, Australia: Karridale Pty Limited (book for parents and children to read together; dvd included).
- 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)
- Volavkova, 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*