

BOOKS FOR ADULTS ON GRIEF AFTER A SUICIDE

TITLE

AUTHOR

A MOTHER'S STORY

Gloria Vanderbilt

In 1988, the author's 23-year old son committed suicide while she looked on. Her memoirs reflect on her own painful history and how she moved forward after the death of her son.

AFTERSHOCK: HELP, HOPE AND HEALING IN THE WAKE OF SUICIDE C. Arrington & D. Cox

A recovery book that will provide encouragement and support for survivors. Examines the complex emotions when grieving a suicide and lets readers know they are not alone in their grief or healing.

AFTER SUICIDE

John H. Hewett

"For the individual in the throes of responding to the suicide of a loved one." –The Theological Editor

AFTER SUICIDE: A RAY OF HOPE FOR THOSE LEFT BEHIND

Eleanora B. Ross

The author begins with her own story of coping with her husband's suicide and takes the reader beyond the silence and the shame often associated with a suicide death.

BEFORE THEIR TIME:

Mary & Maureen Stimming

ADULT CHILDREN'S EXPERIENCES OF PARENTAL SUICIDE

Honest, first-person accounts by adult daughters and sons of the impact of a parent's suicide on them and their families.

BREAKING THE SILENCE:

Linda Goldman

A GUIDE TO HELP CHILDREN WITH COMPLICATED GRIEF – SUICIDE...*

This book provides specific ideas and techniques to work with children in various areas of complicated grief.

BUT I DIDN'T SAY GOODBYE:

Barbara Rubel

FOR PARENTS & PROFESSIONALS HELPING CHILD SUICIDE SURVIVORS*

A resource to help children deal with the after effects of a suicide.

DYING TO BE FREE:

Beverly Cobain & Jean

Larch

A HEALING GUIDE FOR FAMILIES AFTER A SUICIDE

The author shares personal accounts of three family suicides including the 1994 suicide of singer, Kurt Cobain. The book provides insight into the confusion, fear and guilt following a suicide and helps readers understand why desperation is hard to recognize.

THE EMPTY CHAIR: THE JOURNEY OF GRIEF AFTER SUICIDE*

Beryl S. Glover

In 1983, the author lost her brother and daughter to suicide within three weeks of each other. This book describes and offers guidance for each emotion and issue felt following a suicide.

GRIEVING A SUICIDE:

Albert Y. Hsu

A LOVED ONE'S SEARCH FOR COMFORT, ANSWERS & HOPE

The author's father died by suicide after becoming depressed following a stroke. He explores the many questions surrounding suicide and addresses the topic of forgiveness.

GRIEVING THE UNEXPECTED: THE SUICIDE OF A SON

Dr. Gary LeBlanc

The author openly discusses his son's suicide and the many questions that emerged from the tragedy. This book will help readers better understand what families and individuals experience when confronted with a loss.

HEALING AFTER THE SUICIDE OF A LOVED ONE*

Ann Smolin & John Guinan

The authors address the special needs and emotions of those affected by the suicide of a loved one.

IN THE WAKE OF SUICIDE: STORIES OF THE PEOPLE LEFT BEHIND*

Victoria Alexander

A book of inspiring stories told by people whose lives have been touched by the suicide of someone close to them.

MOURNING AFTER SUICIDE

Lois A. Bloom

An introductory booklet for someone who is newly grieving the loss of a loved one to suicide.

MY SON, MY SON:

Iris Bolton

A GUIDE TO HEALING AFTER DEATH, LOSS OR SUICIDE

The author's story from grief to survival following her 20-year old son's suicide.

NIGHT FALLS FAST: UNDERSTANDING SUICIDE

Kay Redfield Jamison

Provides historical, scientific and other helpful material on suicide. This book gives general readers insight into symptoms and should increase national awareness.

NO TIME TO SAY GOODBYE:

Carla Fine

SURVIVING THE SUICIDE OF A LOVED ONE

In 1989, the author's physician husband of 21 years was depressed over the deaths of his parents and killed himself. The book offers insights into dealing with guilt and anger, the stigma of suicide and financial and legal problems. The author stresses the importance of joining a support group.

RETELLING VIOLENT DEATH*

Edward K. Rynearson

Offers a strategy for therapeutic retelling following the homicide, suicide or accidental death of a loved one.

SILENT GRIEF: LIVING IN THE WAKE OF SUICIDE

Christopher Lukas & Henry M.

Seiden

This book combines personal testimonies with professional expertise. The authors share information on common grief reactions and various ways of coping. Their message is to overcome the perceived stigma or shame associated with suicide and to seek support from a group, therapist or other trusted individual.

SUICIDE OF A CHILD

Adina Wroblewski

For parents whose child has completed suicide. Goes into detail about victimization, social stigma, guilt, anger, history and recovery.

SUICIDE SURVIVORS HANDBOOK*

Trudy Carlson

Based on personal experience and research, this helpful guide deals with three major survivor issues – the question *Why?*, anger over the event and guilt. Portion of one chapter devoted to grief issues of surviving children.

TOUCHED BY SUICIDE: HOPE AND HEALING AFTER LOSS

Michael F. Meyers & Carla Fine

This guidebook combines the author's perspectives as a physician and a survivor to offer compassionate and practical advice to anyone affected by a suicide.

WHY SUICIDE?*

Eric Marcus

A guide that answers frequently asked questions for people whose lives have been touched by suicide. Offers practical answers to concerns such as – what to tell others, insurance coverage and preventability.

*Indicates item is available in the Fernside Resource Center. Materials may be borrowed. Please call for information.