

Suicide Resources

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BOOKS AND VIDEOS:

A Guide For Those Left Behind by Adina Wroblewski, 1991

** A Message of Hope: For Surviving the Tragedy of Suicide (story of mother whose son died by suicide -- good for family and friends) Centering Corp

A Mood Apart by Peter C. Whybrow (depression)

** A Mother's Story by Gloria Vanderbilt (Gloria's son Carter died by suicide at age 22 in front of his mother; this is the story of his life and death, and her struggle to continue after his death)

A Special Scar: The Experience of People Bereaved by Suicide by Alison Wertheimer, Brunner Routledge

A Teenager's Book about Suicide: Helping break the silence and preventing death by Earl Grollman and Joy Johnson, workbook, booklet, \$4.95, Centering Corp., Code: TBSC

A Young Suicide by Earl Grollman and Max Malikow

Adolescent Suicide by Jerry Jacobs

After a Suicide by Dougy Center, workbook, \$12.95, Centering Corp., Code: ASWO

** After Suicide by John H. Hewett, 1980

After Suicide, A Unique Process by Betsy Ross (Centering Corp)

After Suicide Loss: Coping With Your Grief by Bob Baugher and Jack Jordan, 2001, 67 pages, divided into time sections. Baugher Publishing.

An Unquiet Mind by Kay Redfield-Jamison (manic depression)

Bart Speaks Out: Breaking The Silence on Suicide by Linda Goldman Ages 4-12 (Story of boy and his dog)

Ben's Story by Trudy Carlson

But I Didn't Say Goodbye by Barbara Rubel, 1999 (Written for parents and professionals who are helping child suicide survivors) \$14.95, Centering Corp, Code: BIDO

Child Survivors of Suicide: A guidebook for those who care for them by Rebecca Parkin and Karen Dunne-Maxim
Conquering the Beast Within by Cait Irwin (depression)

Dancing with the Skeleton (Meditations for suicide survivors) (Centering Corp.)

Darkness Invisible by William Styron

Daughter of Suicide VIDEO by Dempsey Rice 1999 72 mins Color, VHS Order # Z-01707 Video of mother who battled depression her entire life. Daughter struggles to forgive mother and understand why she would commit suicide. Order from: Women Make Movies, 462 Broadway, Ste 500-Z, New York, NY 10013 Phone 212 925 0606 x 360 email: orders@wmm.com S&H \$15 for one tape, \$10 for 2-5 tapes.

Dead Reckoning by David Treadway

Dealing with the Crisis of Suicide by Calvin Frederick

Depression in the Young by Trudy Carlson

Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling by Michelle Linn-Gust, 2001

Healing After The Suicide of a Loved One by Ann Smolin and John Guinan, 1993

Hurting Yourself (for young people who have intentionally injured themselves by Jeanne Harper) (Centering Corp)

I Am A Survivor (for caregivers working with families whose loved one completed suicide, 30 mins) VIDEO
Centering Corp

I Remember, I Remember (journal for parents to write in about their child) by Enid Samuel Traisman

If Daddy Loved Me, Why Did He Leave Me? by Dr. David Dalke (booklet through Centering Corp) (for parents and families caring for children after one parent has completed suicide)

Journey Through the Shadows: Hope for Healing After Someone You Love Has Committed Suicide by Charity Spatzcek-Olsen, 2000 (VIDEO) (Centering Corp) 35 mins

Lament for a Son by Nicholas Wolterstorff

Light Among the Shadows VIDEO (Centering Corp) (how to help those you care for when suicide occurs) 23 mins

Living When a Young Friend Commits Suicide by Rabbi Earl Grollman and Max Malikow (Easy to read, good for teens) , Centering Corp., \$12.00, Code: LWYO

Living With Grief After Sudden Loss by Ken Doka

Living with Loss by Ellen Sue Stern

** Lost and Found: Recovering From A Loved One's Suicide by Beryl Glover (Personal account of a mother who lost her daughter and brother to suicide; compilation of her own journey and chronicles of 12 others survivors who describe the challenges and triumphs of rebuilding their lives) Centering Corp

Making Sense Out of Suicide by David Lester

Mom, I'm All Right by Kathleen Sandefer, 1990 (Story of death of 14 y/o male who was on medications)

Mourning after Suicide by Lois A. Bloom (Pilgrim Press)

** My Son, My Son by Iris Bolton, 1983 (Story of mother who copes with son's suicide) (Centering Corp)

Night Falls Fast by Kay Readfield Jamison

** No Time For Goodbyes by Janice Harris Lord

** No Time To Say Goodbye: Surviving the Suicide of a Loved One by Carla Fine, 1997

One in 13: The Silent Epidemic of Teen Suicide by Jessica Portner (Centering Corp)

Overcoming Depression by Papolos and Papolos

Preventing Elderly Suicide by Joseph Richman, 1993

Searching for my Estrella Maili: Rebuilding my life after the death of my daughter by Gisela Castillo de Lujan, (a moving book about the questionable death of a woman's 14 year old daughter), Centering Corp, Spanish version available too

** Silent Grief: Living In The Wake of Suicide by H.M. Seiden and C. Lukas, 1987

Someone I Love Died by Suicide: A story for child survivors and those who care for them by Doreen Cammarata, \$20.00, Centering Corp., Code: SIDO

Stronger Than Death by Sue Chance

Suicide: Why? by Adina Wroblewski

Suicide After Sixty by Marv Miller

Suicide and Its Aftermath by E. Dunne, 1987

Suicide and Young People by Arnold Madison, 1978 (Discussion of what is known about self harm and some prevention techniques)

Suicide in America by Herbert Hendin

Suicide of a Child by Adina Wroblewski (helpful when parents are first told about suicide) (Centering Corp) 1984

Suicide: Prevention, Intervention and Postvention by Rabbi Earl Grollman (provides info on suicide stats and gives advice on how to recognize the warning signs. etc.) (Centering Corp)

Suicide: Survivors A Guide For Those Left Behind by Adina Wroblewski (Addresses common problems of survivors, offers advice, gives solutions and offers hope)

Suicide Survivors' Handbook: A Guide for the Bereaved and Those Who Wish To Help by Trudy Carlson

Suicides by Jean Baechler

Survivors of Suicide by Albert Cain

Survivors of Suicide Bibliography by American Assn of Suicidology, 4201 Connecticut Ave NW #310, Washington, DC 20008

Swallowed by a Snake (male grief) by Thomas R. Golden

Teen Suicide: Recognizing the clues, reducing the risk (very good, simple, easy to read) by Judith Peacock 2000
The Bipolar Child by Papolos and Papolos
The Cry for Help by E. Schneidman and N. Faberow
The Empty Chair by Beryl Glover (Suicides of brother and daughter)
The Enigma of Suicide by George Howe Colt, 1991 (History of suicide, stories of teen suicide and how people cope when a loved one commits suicide)
The Impact of Suicide by Brian Mishara, 1995
The Shattered Dimension: Journey of Grief After Suicide VIDEO (40 mins) (Centering Corp) (Part 1: shock, loneliness, crying, depression, anger, blame, guilt Part 2: anniversaries, holidays, memories, support groups, forgiveness, understanding and well-being)
The Suicidal Mind by Edwin Schneidman
The Urge To Die: Why Young People Commit Suicide by Peter Giovacchini, 1981
This is Survivable: When Someone You Love Completes Suicide by Sondra Sexton-Jones (Centering Corp) (when wife found husband after his suicide)
Too Young To Die

What To Do When the Police Leave? by Bill Jenkins (Simple and vital guidance to families suffering a traumatic loss)
What To Do When Someone You Love is Depressed by Mitch and Susan Golant
Why Suicide? Answers to 200 of the most frequently asked questions about suicide, attempted suicide, and assisted suicide by Eric Marcus, 1996
Words I Thought I'd Never Have to Speak by Victoria Alexander

Books on Sudden Death:

A Sudden Silence, A Rage Within by Hal Edwards (mostly about father recovering from death of a child)

** I Wasn't Ready To Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One by Brook Noel and Pamela Blair, 304 pages, 2000

No Time for Goodbyes by Janice Harris Lord, 1991

WEBSITES:

SUICIDE:

www.befrienders.org

A worldwide volunteer organization for suicide prevention. The website includes a directory of crisis helplines and other resources by geographic location.

LifeKeeper Foundation

www.1000deaths.org

Parents of Children Who Die By Suicide www.ParentsofSuicide.com

American Association of Suicidology

4201 Connecticut Avenue, NW, Ste 408

Washington DC 20008

Phone 202/237-2280 www.suicidology.org

Provides info and resources for anyone concerned about suicide, including professionals, people at risk, family members and survivors.

American Foundation for Suicide Prevention

120 Wall Street, Floor 22

New York, NY 10005

Phone 212/363-3500 www.afsp.org

American Suicide Foundation

12045 Park Ave

New York, NY 10028

Phone: 800/531-4477 or 212/410-1111

Support groups for suicide survivors.

The Samaritans of USA

9 Wild Harbor Rd

North Falmouth, MA 02556

www.befrienders.org

A part of Befrienders International, a worldwide volunteer organization for suicide prevention. The crisis helpline provides confidential support to anyone in need.

Ray of Hope

PO Box 2323

Iowa City, IA 52244

Offers telephone counseling, support services, printed resources, videos, speakers and presentations on suicide.

Seasons: Suicide Bereavement

4777 Nanilos Drive

Salt Lake City, UT 84117

National organization with local chapters dedicated to helping those with suicide.

Survivors of Loved Ones' Suicides (SOLOS)

PO Box 592

Dumfries, VA 22026-0592

(703) 580-8958

solos@1000deaths.com

<http://www.1000deaths.com>

Suicide Awareness: Voices of Education (SAVE)

5124 Grive Street

Minneapolis, MN 55436

Phone: 612/946-7998