



Bibliography for Children Surviving Suicide

Someone I Love Died By Suicide: A Story for Child Survivors and Those Who Care for Them

Doreen Cammarata, Grief Guidance, Inc., 2000. An illustrated book that explains depression and suicide in child-friendly language.

Bart Speaks Out: Breaking the Silence on Suicide

Goldman, Linda. Manson Western Corporation, 1998. A family dog shares his feelings of hurt and grief over the suicide of his owner. Children are invited to “insert” their personal pictures on to the pages of the book.

After a Suicide: A Workbook for Grieving Kids

Available through The Dougy Center (see Organizations, above). Developed for use with children, this workbook combines explanations of mental illness and suicide, creative exercises, practical advice, and quotations from child survivors.

A Terrible Thing Happened

Margaret Holmes. Magination Press, 2000. This gently told story is for children who have witnessed any kind of violent or traumatic episode, including abuse, violence, accidents, homicide, suicide, and natural disasters. An afterward for caregivers offers helpful suggestions and resources.

My Uncle Keith Died

Carol Ann Loehr. Trafford Publishing, 2006. This book assists and supports adults in their efforts to explain and discuss suicide and depression with children.

Child Survivors of Suicide: A Guidebook for Those Who Care for Them

Rebecca Parkin and Karen Dunne-Maxim. 1995. Available through AFSP. This practical guide offers guidance for family members, educators, and others who deal with young survivors. To order, [click here](#).

But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide

Survivors. Barbara Rubel, Griefwork Center, Inc., 2000. Told from the point of view of a child, this book is intended for adults to read and then share with children.

After a Parent's Suicide: Helping Children Heal.

Margo Requarth, MA, MFT. Healing Hearts Press, 2006. This book focuses on how to help children and teens in the aftermath of a parent's suicide. This book provides an overview of current thinking/research on suicide and explores the risk of mental health issues for survivors.

Bibliography for Teenagers Surviving Suicide

After a Suicide: Young People Speak Up

Susan Kuklin, Putnam Publishing Group, 1994. Nine personal accounts of survivors, many of whom are teens. Each account focuses on a specific topic, such as losing a parent, losing a sibling, seeking therapy, support groups.

No One Saw My Pain: Why Teens Kill Themselves

Andrew Slaby and Lili Frank Garfinkle, W.W. Norton and Company, 1995. Written by an expert on suicide in young adults, this book looks at many examples of adolescent suicide and explores the complex factors that may contribute to it.

When Nothing Matters Anymore

Bev Cobain. This is a survival guide for struggling teens. It explains the causes and types of depression, how to get help, and how to stay healthy. By a mental health professional who has lived with depression and suicide, including that of her cousin, rock star Kurt Cobain.

Living When A Young Friend Commits Suicide

Earl Grollman & Max Malikow. Easy to read and full of important, reassuring information, youth learn how to tell if someone is suicidal, what to do and who and how to tell. Straightforward and immensely helpful.

After Suicide

Eileen Kuehn. This book uses an excellent format including Teen Talk, Fast Facts, Question & Answer, photographs, and chapter overviews and summaries. The result is a solid, readable, informative book.