



Bibliography for Survivors of Suicide

Survivor Guides

After Suicide Loss: Coping with Your Grief

Bob Baugher, Ph.D., and Jack Jordan, Ph.D., 2002. Available through AFSP. This excellent handbook is organized chronologically, around the first days, weeks, and months of a suicide loss. It includes straightforward information about psychiatric disorders, and when to seek professional help, as well as practical strategies for coping and healing. To order, click [here](#).

Suicide Survivors' Handbook -- Expanded Edition

Trudy Carlson, Benline Press, 2000. Providing specific suggestions and practical advice from other survivors, the author addresses the questions: Why? What about shame and guilt? How long does the pain last? What helps? How do you deal with others?

Suicide and its Aftermath: Understanding and Counseling the Survivors

Edward Dunne, John McIntosh, and Karen Dunne-Maxim (Eds.), W.W. Norton and Company, 1987. This compilation of articles and essays captures various dimensions of the many different aspects of the experience of surviving after a suicide loss. Although written by and for professional counselors, it's very readable for the general public.

Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis Among African-Americans

Alvin F. Poussaint, M.D., and Amy Alexander. Beacon Press, 2001. One of the few books about suicide and mental health problems within the African-American community.

Survivors of Suicide

Rita Robinson and Phyllis Hart. New Page Books, 2001. A compilation of advice and survivor stories.

After Suicide: A Ray of Hope for Those Left Behind

Eleanora Betsy Ross et. al, Perseus Publishing, 2002. Emphasizes finding opportunities for personal growth after the tragedy of suicide loss.

Healing After the Suicide of a Loved One

Ann Smolin and John Guinan, Simon and Schuster, 1993. So many survivors struggle with wondering, "why?" and "what if?" This book contains case studies together with advice, to help survivors begin to heal.

Suicide of a Child

Adina Wroblewski, Centering Corp., 2002. A basic guide for early bereavement after your child's suicide. Comfortable, compassionate, easy-to-read observations and personal messages.

Survivor Stories

In the Wake of Suicide: Stories of the People Left Behind

Victoria Alexander, Jossey-Bass, 1998. The author spent ten years collecting stories from fellow survivors, which she compiled into this well-organized collection.

My Son...My Son: A Guide to Healing After Death, Loss or Suicide

Iris Bolton and Curtis Mitchell, The Bolton Press, 1995. A mother's account of her progression through the grief process after the suicide of her 20-year old son.

A Force Unfamiliar To Me: A Cautionary Tale

Jane Butler, Hamlet Books, 1998. A mother's personal account of her son's depression and suicide. Explores some of the familiar challenges many survivor families face, such as how to handle the holidays and the struggles of grief between the parents of a child who dies by suicide.

Sanity & Grace: A Journey of Suicide, Survival, and Strength

Judy Collins, Tarcher/Penguin, 2003. A grieving mother and celebrity shares her own story about the loss of her son to suicide and her own struggle with mental illness.

No Time to Say Goodbye: Surviving the Suicide of a Loved One

Carla Fine, Doubleday, 1996. Following the suicide of her husband, the author interviewed over 100 suicide survivors. She weaves their experiences into her book, creating a story of loss, grief, and survival.

The Empty Chair: The Journey of Grief After Suicide

Beryl Glover, In Sight Books, 2000. The grief process as experienced by a variety of people dealing with different emotions following the suicide of a family member.

Touched by Suicide: Hope and Healing After Loss

Michael F. Myers, M.D. and Carla Fine. Gotham Books, 2006. Co-authored by a psychiatrist and survivor, this book offers detailed steps, practical suggestions, and compassionate advice for how to cope with all aspects of suicide.

Garrett: One Family's Battle with a Child's Depression

United States Senator Gordon H. Smith. Carroll & Graf, 2006. A personal account by the U.S. Senator from Oregon, whose 21 year-old son took his own life, and whose speech on the Senate floor led to overwhelming bipartisan support for the passage of the Garrett Lee Smith Memorial Act, which increased federal funding to prevent youth suicide.

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Before Their Time: Adult Children's Experiences of Parental Suicide

Mary and Maureen Stimming. Temple University Press, 1999. Presents adult children survivors' accounts of their loss, grief, and resolution following a parent's suicide. Separate sections offer perspectives on the deaths of mothers and fathers. Also includes the reflections of four siblings on the shared loss of their mother.

A Special Scar: The Experience of People Bereaved by Suicide

Alison Wertheimer, Routledge, 2001. The author (who lost her sister to suicide) presents interviews with 50 survivors, and covers a wide range of issues, including the press, stigma, guilt, anger and rejection.

Suicide and Mental Illness

Understanding Depression: What We Know and What You Can Do About It

J. Raymond DePaulo Jr., M.D. John Wiley & Sons, Inc., 2002. The Psychiatrist-in-Chief of the John Hopkins Hospital presents a comprehensive, user-friendly guide to depression, including the latest research in brain chemistry, psychology and pharmacology.

Suicide in America

Herbert Hendin, M.D. W.W. Norton and Company, 1995. AFSP's Medical Director addresses the often overlooked psychosocial aspects of suicide, and includes chapters on suicide among youth and the elderly, as well as suicide and violence, homosexuality, and alcoholism. Also discusses suicide prevention and social policy issues such as involuntary commitment and assisted suicide.

An Unquiet Mind: A Memoir of Moods and Madness

Kay Redfield Jamison, Ph.D., Alfred A. Knopf, 1995. In this memoir, the author, an international authority on bipolar disorder, describes her own struggle since adolescence with the disorder, and how it has shaped her life.

Night Falls Fast: Understanding Suicide

Kay Redfield Jamison, Ph.D., Alfred A. Knopf, 1999. Weaving together an in-depth psychological and scientific exploration of the subject, this book traces the network of reasons underlying suicide, including the factors that interact to cause suicide and the evolving treatments available from modern medicine. Includes a particular focus on suicide by adolescents and young adults.

The Noonday Demon: An Atlas of Depression

Andrew Solomon, Scribner, 2001. Winner of the National Book award. A sufferer of chronic depression, Solomon shares his own story, while presenting the problem of depression in a broader social context.

Darkness Visible

William Styron, Random House, 1990. A powerful and moving first-hand account of what depression feels like to the sufferer.

Helping Children

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.

Adolescents and Teenagers

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.

Finding Other Books

Bookstores, web sites such as amazon.com or barnesandnoble.com, and local libraries are all good sources. Another resource is Compassion Books, a mail-order bookstore that specializes in books, audios, and videos on bereavement and healing. For a free catalog, call 1-800-970-4220 or go to www.compassionbooks.com.

A significant portion of this Bibliography was provided by The American Foundation for Suicide Prevention (AFSP), 2007