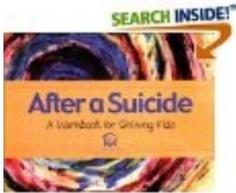
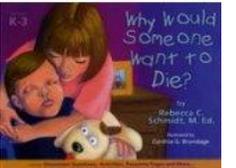


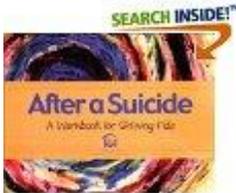
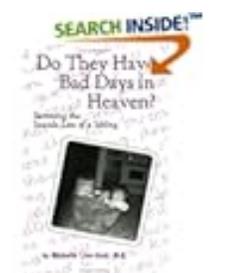
# Traumatic Death: Suicide

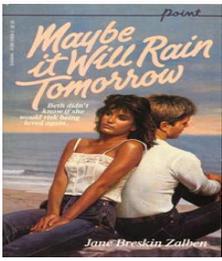
## For Young Children (Ages 4-8)

	<p><b>After a Suicide: Activity Book</b> The Dougy Center (Ages 6-12), 48 pgs.</p>	<p>In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.</p>
	<p><b>Do They Have Bad Days in Heaven?</b> Michelle Linn-Gust (All Ages) *Sibling Suide Loss*</p>	<p>Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling is the first comprehensive resource for sibling suicide survivors. Michelle Linn-Gust takes the reader through the personal experience of losing her younger sister Denise Linn and weaves in the available research for sibling survivors. Michelle also journeys sibling loss through the life span. No matter how old you are, you'll find valuable help in Do They Have Bad Days in Heaven?</p>
	<p><b>Why Would Someone Want to Die?</b> Rebecca Schmidt (Ages 4-8), 56 pgs.</p>	<p>Suicide is hard for many adults to understand. Explaining suicide to children is extremely difficult. This book equips you with the tools necessary to help explain suicide openly and honestly to children and open the lines of communication between you and a grieving child.</p>

# Traumatic Death: Suicide

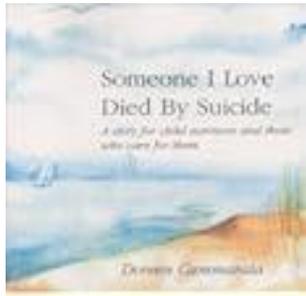
## For Children (Ages 9-12)

	<p><b>After a Suicide: Activity Book</b> The Dougy Center (Ages 6-12), 48 pgs.</p>	<p>In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.</p>
	<p><b>Do They Have Bad Days in Heaven?</b> Michelle Linn-Gust (All Ages) *Sibling Suide Loss*</p>	<p>Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling is the first comprehensive resource for sibling suicide survivors. Michelle Linn-Gust takes the reader through the personal experience of losing her younger sister Denise Linn and weaves in the available research for sibling survivors. Michelle also journeys sibling loss through the life span. No matter how old you are, you'll find valuable help in Do They Have Bad Days in Heaven?</p>



**Maybe It Will Rain Tomorrow**  
Jane Breskin-Zalbin  
(Ages 9-12)

Her music and a special friend help Beth, who now lives with her remarried father, through the difficult period following her mother's suicide. --This text refers to an out of print or unavailable edition of this title.



**Someone I Love Died By Suicide**  
Doreen Cammarata  
(Ages 9-12), 34 pgs.  
\*Read by an Adult\*

This book is designed for adult caregivers to read to surviving youngsters following a suicidal death. The story in this book allows individuals and opportunity to recognize normal grieving symptoms and to identify various interventions to promote healthy ways of coping with the death of a special person. Although the language used in the book is simplistic enough to be read along with children ultimately stimulating family discussion, it can be beneficial to all who have been tragically devastated by suicide.

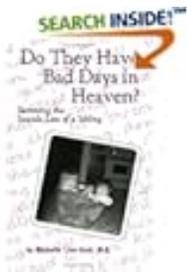
## Traumatic Death: Suicide

For Teens (Ages 13-18+)



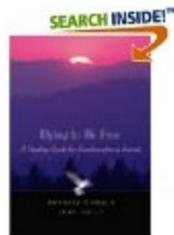
**Crossing 13: Memoir of a Father's Suicide**  
Carrie Stark Hugus  
(Teens)

Carrie Stark Hugus has written a book, Crossing 13: Memoir of a Father's Suicide, that will help many people heal from the pain of losing someone through suicide. The reader grows through hearing Carrie's very personal story, and is offered resources and direction on how to proceed.



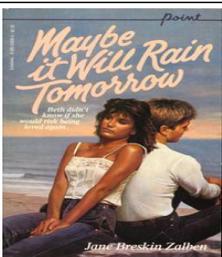
**Do They Have Bad Days in Heaven?**  
Michelle Linn-Gust  
(All Ages)  
\*Sibling Suide Loss\*

Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling is the first comprehensive resource for sibling suicide survivors. Michelle Linn-Gust takes the reader through the personal experience of losing her younger sister Denise Linn and weaves in the available research for sibling survivors. Michelle also journeys sibling loss through the life span. No matter how old you are, you'll find valuable help in Do They Have Bad Days in Heaven?



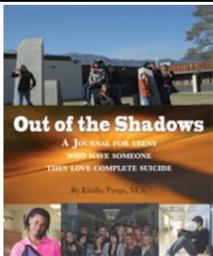
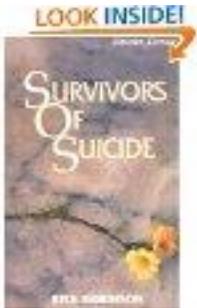
**Dying to Be Free**  
Beverly Cobain & Jean Larch  
(Teen-Adult), 150 pgs.

Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one. By sharing survivor stories as well as the latest thinking and statistics about suicide, Cobain and Larch break through myths, misinformation, and misunderstandings. The result is a book of extraordinary compassion and steadfast guidance for anyone awash in the aftermath of unfathomable loss.



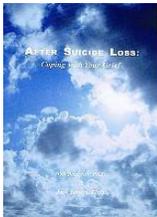
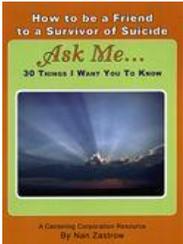
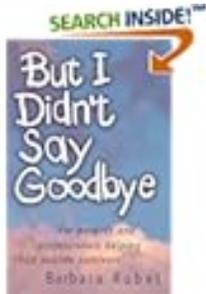
**Maybe It Will Rain Tomorrow**  
Jane Breskin-Zalbin  
(Ages 9-12)

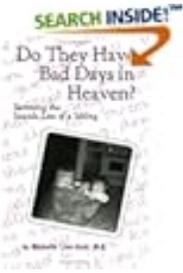
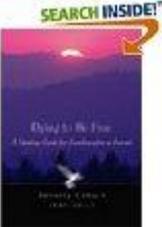
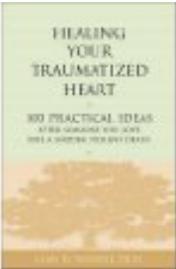
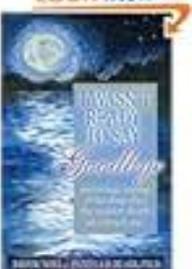
Her music and a special friend help Beth, who now lives with her remarried father, through the difficult period following her mother's suicide. --This text refers to an out of print or unavailable edition of this title.

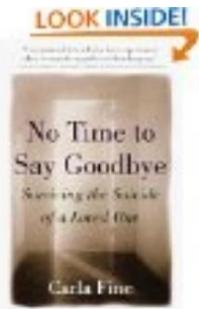
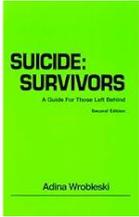
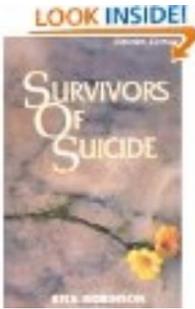
	<p><b>Out of the Shadows: A Journal for Teens Who Have Someone They Love Complete Suicide</b> Emilio Parga (Teens)</p>	<p>A teen journal of love and remembrance by Emilio Parga, M.A. Founder of The Solace Tree, a center for grieving children in Reno, NV. A writing journal for teens grieving the death of someone they love by suicide.</p>
	<p><b>Survivors of Suicide</b> Rita Robinson (Teens-Adults), 201 pgs.</p>	<p>Survivors of Suicide is a helping guide for those family and friends left behind when a loved one commits suicide. This newly revised edition goes into more detail about teen suicide and the help that is available. Survivors of Suicide also dispels the myths surrounding suicide, based on the latest research and interviews with leading medical experts, as well as with family and friends who have survived the suicide deaths of loved ones, and who offer support, knowledge, and comfort to other survivors.</p>

## Traumatic Death: Suicide

For Adults (Ages 18+)

	<p><b>After Suicide Loss: Coping with Your Grief</b> Bob Baugher &amp; Jack Jordan (Adults)</p>	<p>This Booklet was written to help understand some of what you may experience during the several months after a suicide</p>
	<p><b>Ask Me- 30 Things I Want You to Know</b> Nan Zastrow (Adults)</p>	<p>Ask Me. . . 30 Things I Want You To Know by Nan Zastrow, founder of Wings, a non-profit resource center. A gentle guide for those who have a friend or family member that has experienced the death of a loved one to suicide.</p>
	<p><b>But I Didn't Say Goodbye</b> Barbara Rubel (Adults), 112 pgs.</p>	<p>But I Didn't Say Goodbye is for the helping professional or parent as you try to help children in the aftermath of suicide. Part One presents Alex, a ten-year-old whose father has just died by suicide. Alex asks questions and tries to find meaning in the loss. Part Two offers information on setting up a memorial fund, and will help in your search for prevention and survivor support. To keep suicide survivor support group information updated, a toll-free number is given for groups in your area, Bereavemnet referrals include death education and grief counseling. The last part of this book includes recommended resources, bereavement magazines, newsletters, reports, journals, books and articles.</p>

	<p><b>Do They Have Bad Days in Heaven?</b> Michelle Linn-Gust (All Ages) *Sibling Suicide Loss*</p>	<p>Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling is the first comprehensive resource for sibling suicide survivors. Michelle Linn-Gust takes the reader through the personal experience of losing her younger sister Denise Linn and weaves in the available research for sibling survivors. Michelle also journeys sibling loss through the life span. No matter how old you are, you'll find valuable help in Do They Have Bad Days in Heaven?</p>
	<p><b>Dying to Be Free</b> Beverly Cobain &amp; Jean Larch (Teen-Adult), 150 pgs.</p>	<p>Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one. By sharing survivor stories as well as the latest thinking and statistics about suicide, Cobain and Larch break through myths, misinformation, and misunderstandings. The result is a book of extraordinary compassion and steadfast guidance for anyone awash in the aftermath of unfathomable loss.</p>
	<p><b>Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden Violent Death</b> Alan D. Wolfelt (Adults), 128 pgs.</p>	<p>Dealing with grief in a practical manner, this guide offers compassionate tips for those affected by a traumatic death. Included are topics such as coping with family stress, expressing feelings of hurt and anger, dealing with hurtful comments, and exploring feelings of guilt. Each of the 100 suggestions is aimed at reducing the confusion, anxiety, and huge personal void in order to help survivors begin their lives again.</p>
	<p><b>I Wasn't Ready to Say Goodbye</b> Brook Noeal &amp; Pamela D. Blair (Adults), 336 pgs.</p>	<p>I Wasn't Ready to Say Goodbye is a book that is easily related to by anyone struggling to cope with the sudden death of a loved one. Featured on ABC World News, Fox and Friends and many other shows, this book acts as a touchstone of sanity through difficult times. I Wasn't Ready to Say Goodbye covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression.</p>
	<p><b>Living When A Young Friend Commits Suicide</b> Earl A. Grollman &amp; Max Malikow (Teens), 112 pgs.</p>	<p>A welcome guide for young people who are trying to come to terms with a friend's suicide. Setting straight the myths about suicide and addressing the feelings of shock, grief, anger, and guilt, the authors offer practical, empathetic advice.</p>
	<p><b>Living with Grief: After Sudden Loss- Suicide, Homicide, Accident, Heart Attack, Stroke</b> Kenneth Doka (Adults), 262 pgs.</p>	<p>This volume examines the subject of abrupt, unexpected death and its effects and implications for the survivors left behind. Topics covered include: after heart attack and stroke, survivors of suicide, complicated grief in the military, and grief counseling for survivors of traumatic loss.</p>

	<p><b>No Time to Say Goodbye: Surviving the Suicide of a Loved One</b>  Carla Fine  (Adults), 272 pgs.</p>	<p>This book brings suicide survival from the darkness into light, speaking frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Fine draws on her own experience and on conversations with many other survivors--as well as on the knowledge of counselors and mental health professionals. She offers a strong helping hand and invaluable guidance to the vast numbers of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives. And, perhaps most important, for the first time in any book, she allows survivors to see that they are not alone in their feelings of grief and despair.</p>
	<p><b>Suicide Survivors</b>  Adina Wroblewski  (Adults), 152 pgs.</p>	<p>This book focuses a great deal on the illness that drives a person to suicide - namely, depression. Although that is helpful in trying to make sense of a senseless act, the book itself reads too much like a self-help seminar, full of repeated affirmations that the victims are not to blame, that they will eventually move on with their lives, and that things will get better.</p>
	<p><b>Survivors of Suicide</b>  Rita Robinson  (Teens-Adults), 201 pgs.</p>	<p>Survivors of Suicide is a helping guide for those family and friends left behind when a loved one commits suicide. This newly revised edition goes into more detail about teen suicide and the help that is available. Survivors of Suicide also dispels the myths surrounding suicide, based on the latest research and interviews with leading medical experts, as well as with family and friends who have survived the suicide deaths of loved ones, and who offer support, knowledge, and comfort to other survivors.</p>
	<p><b>Understanding Your Suicide Grief: 10 Essential Touchstones for Finding Hope &amp; Healing Your Heart</b>  Alan D. Wolfelt  (Adults), 194 pgs.</p>	<p>For anyone who has experienced the suicide of a loved one, coworker, neighbor, or acquaintance and is seeking information about coping with such a profound loss, this compassionate guide explores the unique responses inherent to their grief. Using the metaphor of the wilderness, the book introduces 10 touchstones to assist the survivor in this naturally complicated and particularly painful journey</p>