



Suggested Books on Suicide for Grieving Adults and Adolescents

1- Bloom, L. A. (2004). *Mourning after suicide*. Varanasi: Pilgrim Press.

Adults. This booklet is short, clear, easy to read, is good for someone newly grieving loss of a loved one to suicide. It offers comfort and hope that we can heal; it 'normalizes' the grieving and healing processes of post-suicide, letting many know that what they're experiencing is normal. Reference to spirituality is in a gentle, non-invasive way. The raw honesty of the author sharing her experience of losing her son to suicide humanizes the experience and again, can be comforting. It's more than a pamphlet but not a whole book; a nice introduction to the subject. It isn't trying to promote anything in particular except that help, peer or professional, is effective and available.

2- Bolton, I., & Mitchell, C. (1983). *My son... my son... A guide to healing after suicide in the family*. Roswell: Bolton Pr Atlanta.

Adults. After the 1977 suicide of her 20 year old musician son, Iris Bolton says, "to climb from that emotional abyss would force me to fight the hardest battle of my life." On top of that, she was faced with the stigma of a "failed parent", and, she felt like a "discredited counselor" as the director of a family therapy center. Suicide transmits a public ridicule and private humiliation, grief, guilt and anger. Bolton eloquently shares her experience with brilliant usage of metaphors to describe the tortured process from grief to survival.

3- Fine, C. (1997). *No Time to Say Goodbye: Surviving The Suicide Of A Loved One* New York: Broadway Books.

Adults. In 1989, the author's husband of 21 years, 44-year-old Harry, a New York City physician who was depressed over the recent deaths of his parents, killed himself with a lethal dose of an anesthetic. She offers advice for those recovering from the suicide of a marital partner, relative or close friend. Drawing on research, interviews with survivors and her own experience, Fine provides insights into living beyond this tragedy including dealing with feelings of guilt and anger, the stigma of suicide and financial and legal problems. She stresses that joining a peer support group is an important coping tool. Some of the descriptions of suicides make for difficult reading.

4- Grollman, E. A. (1993). *Straight talk about death for teenagers: Hope to cope*

***with losing someone you love.* Ypsilanti: Beacon Press.**

Adolescents. With brief entries such as "Accidental Death," "Self-Inflicted Death," "Talking," "Crying," and "Going Nuts," Grollman offers advice and answers the kinds of questions that teens are likely to ask themselves when grieving the death of someone close.

5- Smolin, A. (1993). *Healing after the suicide of a loved one.* Parksville: Fireside Books.

Adults. Too often people suffering the aftermath of a suicide suffer alone. As the survivor of a person who has ended his or her own life, you are left a painful legacy -- and not one that you chose. *Healing After the Suicide of a Loved One* will help you take the first steps toward healing. While each individual becomes a suicide survivor in his or her own way, there are predictable phases of pain that most survivors experience sooner or later, from the grief and depression of mourning to guilt, rage, and despair over what you have lost.

6- Wolfelt, A. (2010). *The wilderness of suicide grief: Finding your way.* Bozeman: Companion Press.

Adolescents - Adults. Presenting the idea of wilderness as a sustained metaphor for grief, this compassionate guide explores the unique responses inherent to the grief felt by those who have experienced the suicide of a loved one and offers information about coping with such a profound loss. Likening the death of a loved one to the experience of being wrenched from normal life and dropped down in the middle of nowhere, the handbook employs 10 touchstones, or trail markers, that survivors use to begin to make their way through the new landscape. Each touchstone gently guides readers through the entire grieving process and includes topics such as dispelling misconceptions regarding suicide, exploring feelings, and embracing the uniqueness of a loss.