



"Saving Lives in Tennessee"

TSPN Survivor's Reading List

The Tennessee Suicide Prevention Network wishes to thank members of TSPN's Northeast region for assembling this bibliography and sharing it with the Network.

Aftershock: Help, Hope Healing in the Wake of Suicide by Arrington Cox, Candy David, David Cox, and Candy Neely Arrington

Every seventeen minutes, someone, somewhere, chooses death by self-murder./ In the wake of this horrific decision, other people are left to cope with the ripples caused. This book will provide knowledge and resources for those left in the wake of suicide.

Aftershock is a recovery book that will provide encouragement and support for survivors. Examining the complex emotions involved in grieving a suicide death, readers will come to realize they are not alone in their grief and will not be alone in their healing.

After Suicide by John H. Hewett

"For an individual in the throes of responding to the... suicide of a loved one, this book provides valuable insight into the experience, this kind of cognitive knowledge can actually alleviate suffering by being a valuable guide through the process."
--*The Theological Educator*

After Suicide: A Ray of Hope for Those Left Behind by Eleanora Betsy Ross, Joseph Richman, Eleanora B. Ross

Beginning with her own story of coping with her husband's suicide, Eleanora Betsy Ross takes the reader beyond the silence and shame often associated with suicide and shatters some of the most pervasive myths surrounding this common tragedy. By examining the dynamics of after-suicide bereavement and using dozens of real-life case histories, *After Suicide* offers hope for the survivors and helps them maintain sanity and poise during this most difficult time.

Backed by years of research and the author's extensive work with survivors and support groups, this book is a valuable guide to coping with a suicide for both the survivors and those who work with them. Capped by a comprehensive resource guide, *After Suicide* stands as an important resource for anyone who has to deal with this loss.

Andrew, You Died Too Soon by Corrine Chilstrom

In the most simple, straightforward language, this mother tells the heart's story: the love for her son which had to continue without that son; the embrace of speechless grief and of a murmuring, speaking community, the deep, spiritual events that occurred for her and her family when one son took his life.

It is the author's intent that reading this will be an experience which enhances life; one which will help make the encounter with grief not only more bearable, but actually growth-producing. Readers will find here therapy, catharsis, understanding and even fresh grounding for faith, hope, love—hope, being at such times and momentarily, "the greatest of these".

But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors by Barbara Rubel

The Introduction includes how this book is organized, how to read this book, who should read this book, and a note to the professional and parent. *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. At the end of eight brief chapters in Part One, there are pages with STOP signs. The purpose of the eight Stop to process pages is to help the grieving child process his or her own story. Part Two offers information in setting up a memorial fund, and will help in your search for prevention and survivor support. To keep suicide survivor support groups updated, a toll-free number is given for groups in your area. Bereavement referrals include death education and grief counseling. The last part of this book includes recommended resources, bereavement magazines, newsletters, reports, journals, books and articles that will help you continue your exploration of suicide awareness, prevention and bereavement.

Healing After The Suicide Of A Loved One by Ann Smolin, CSW & John Guinan, Ph.D

"Powerfully sensitive...speaks to all of us who have lost loved ones to suicide by helping us transform our grief and sadness into healing and hope."

--Iris Bolton author of *My Son, My Son: A Guide to Healing After Death, Loss or Suicide*

"With extraordinary understanding and compassion, the authors have written a guide that will be a great help to those who must navigate the painful and often overwhelming aftermath of losing a loved one to suicide."

--George Howe Colt, author of *The Enigma of Suicide*

My Son...My Son A Guide to Healing After Death, Loss or Suicide by Iris Bolton (with Curtis Mitchell)

"One of life's blackest moments comes with the realization that your dead child has rejected you, and slammed the door. Iris Bolton cites chapter and verse of her long struggle to escape from the tomb of her memories in order to emerge with enough strength to find a new life."

--Billy Graham

"Iris Bolton's book put me in touch with the painful emotions I had suppressed after the death of my father. Her powerful words give people permission to feel their feelings. Her fresh, revealing story of her grief gives courage to all those who are on their own honest path of healing."

--Mariette Hartley

"Joan Rivers suggested that I read Iris's book after the death of my son. Few things have meant more to me during my grief and my journey to recovery. The book *My Son...My Son...* gave me the hope that I too could survive, recover and go on."

--Judy Collins

Night Falls Fast: Understanding Suicide by Kay Redfield Jamison

"Suicide is a particularly awful way to die: the mental suffering leading up to it is usually prolonged, intense, and unpalliated," writes Kay Redfield Jamison. "There is no morphine equivalent to ease the acute pain, and death not uncommonly is violent and grisly." Jamison has studied manic-depressive illness and suicide both professionally--and personally. She first planned her own suicide at 17; she attempted to carry it out at 28. Now professor of psychiatry at Johns Hopkins School of Medicine, she explores the complex psychology of suicide, especially in people younger than 40: why it occurs, why it is one of our most significant health problems, and how it can be prevented. Jamison discusses manic-depression, suicide in different cultures and eras, suicide notes (they "promise more than they deliver"), methods, preventive treatments, and the devastating effects on loved ones. She explores what type of person commits suicide, and why, and when. She illustrates her points with detailed anecdotes about people who have attempted or committed suicide, some famous, some ordinary, many of them young. Not easy reading, either in subject or style, but you'll understand suicide better and be jolted by the intensity of depression that drives young people to it.

--Joan Price (this text refers to the [Hardcover](#) edition).

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

"With this book, Carla Fine brings suicide survival from the darkness into the light, speaking frankly and with compassion about the overwhelming feelings of confusion, guilt, shame, anger and loneliness that are shared by all survivors. Drawing on her own experience and the experiences of the many other survivors with whom she has spoken, as well as on the knowledge of the counselors and mental health professionals, she offers a strong helping hand and invaluable guidance through stages of the survival process."

"I know of no other work on this subject that is so comprehensive and rich in exposition...a word of hope and great love for those who have killed themselves and for those whom they left behind. This is a must read for all psychiatrists and their patients."

--Michael F. Myers, M.D., American Journal of Psychiatry

"Our society's inability to deal with suicide and survivors is articulated in a way to benefit all...perhaps if everyone could read this book, the suicide rate and our social inappropriateness would change."

--Frank Campbell, President, American Association of Suicidology

"Survivors will find much comfort in these pages...Ms. Fine assures readers they are not alone."

--*The Motherless Daughters Newsletter*

Someone I Love Died By Suicide: A Story for Child Survivors and Those Who Care for Them by Doreen Cammarata, illustrated by Michael Ives Volk and Leela Accetta

This book is designed for adult caregivers to read to surviving youngsters following a suicide death. The story in this book allows individuals an 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 in this 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. It is recommended for this book to be utilized in conjunction with therapy.

Standing in the Shadow: Help and Encouragement for Suicide Survivors by June Cerza Kolf

Grief counselor June Cerza Kolf is repeatedly asked for specific guidance in helping suicide survivors function and heal. Their grief is unique in that the trauma of suicide leaves them in such a devastated state that the typical coping mechanisms no longer work. With deep sensitivity, Kolf leads readers through mourning to acceptance. She helps them realize the tragedy was out of their control, release their guilt and anger, and gain the power of prayer. *Standing in the Shadow* covers the heart of thirty-four topics, including depression, forgiveness and the salvation of those who commit suicide. The gentle, honest writing provides answers, hope, and comfort for the bereaved.

Survivors of Suicide by Rita Robinson and Phyllis Hart

Survivors of Suicide is a helping guide for family and friends left behind when a loved one commits suicide. This newly revised edition goes more into 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 death of loved ones, and who offer support, knowledge, and comfort to other survivors.