
RESOURCES FOR SURVIVORS

WEBSITES

American Association of Suicidology: www.suicidology.org (Click on Suicide Survivors)

American Foundation for Suicide Prevention: www.afsp.org (Click on Coping with Suicide)

Suicide Awareness Voices of Education: www.save.org/ (Click on Coping with Loss)

Suicide Prevention Resource Center: www.sprc.org/basics/roles-suicide-prevention

Survivors of Suicide: www.survivorsofsuicide.com

Maine Suicide Prevention Program: www.maine.gov/suicide

The Center for Greiving Children is a local resource in Portland, Maine, which serves more than 4,000 grieving children, teens, families, and young adults annually through peer support, outreach, and education. Programs focus on bereavement, working with multicultural communities, family members with serious illness, sharing personal stories, and local crisis response. Online: www.cgcmaine.org (Phone: 207-775-5216)

For individuals unable to attend a group in person, **GriefNet.org** may provide an alternative. GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. They have almost 60 e-mail support groups and two websites. The integrated approach to on-line grief support provides help to people working through losses and grief issues of many kinds including suicide. The companion site, **KIDSAID** provides a safe environment for kids and their parents to find information and ask questions. This resource can be accessed at <http://www.griefnet.org>

NEWSLETTERS

The Journey - a newsletter for survivors of suicide is produced by The Link's National Resource Center for Suicide Prevention and Aftercare. Questions can be addressed to The Journey, 348 Mt. Vernon Highway, Atlanta, GA 30328-4139 (404-256-2919). The newsletter can be found online at the website: www.thelink.org/national_resource_center.htm

Surviving Suicide is published four times a year by the American Association of Suicidology. To subscribe, go to www.suicidology.org and click on Survivors. A form can be downloaded from that site.

The Compassionate Friends publishes a newsletter and offers support groups. Its mission is to assist families toward positive resolution of grief following the death of a child of any age and provide information to help others be supportive. Go to website: www.compassionatefriends.org/home.aspx (click on sign up for national publication top of page)

Comforting Friends is published monthly by Friends for Survival, a National Outreach Program for Survivors of Suicide Loss. Website: www.friendsforsurvival.org/newsletters.html

GUIDES

Help is at Hand: Resource for people bereaved by suicide or other sudden traumatic death. Written for people in the United Kingdom. Most sections very useful including a printable form for notifying people and organizations about the death of your loved one.

[www.nhs.uk/Livewell/Suicide/Documents/Help is at hand.pdf](http://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20hand.pdf)

Surviving a Suicide Loss: A Financial Guide. Created by the American Foundation for Suicide Prevention Survivor Council and the National Endowment for Financial Education to help suicide survivors negotiate the short and long-term financial consequences of a family member's death. It can be obtained by calling the Information and Resource Center at 1-800-499-0027 (Maine only) and from the National American Foundation for Suicide Prevention. Website: www.afsp.org/coping-with-suicide/resources/a-financial-guide

BOOKS

SIBLINGS

- *An Empty Chair: Living the Wake of a Sibling's Suicide*, by Sara Swan Miller
- *Do They Have Bad Days in Heaven? Surviving the Suicide of a Sibling*, by Michelle Linn-Gust

PARENT

- *Assembling My Father*, by Anna Cypra Oliver
- *In the Wake of Suicide: Stories of the People Left Behind*, by Victoria Alexander

- *Grieving a Suicide: A Loved One's Search for Comfort, Answers and Hope*, by Albert Y. Hsu
- *Trying to Remember, Forced to Forget (My Father's Suicide)*, by Judy Kletter

SPOUSE

- *No Time to Say Goodbye* by Carla Fine
- *After Suicide: A Ray of Hope for Those Left Behind*, by E. Betsy Ross and Joseph Richman
- *Our Forever Angel: Surviving the Loss of a Loved One to Suicide*, by Barbara Scholz

CHILD

- *Remembering Garret*, by Gordon Smith
- *My Son...My So*, by Iris Bolton
- *Grieving the Unexpected: The Suicide of a Son*, by Dr. Gary Leblanc

GENERAL

- *Aftershock: Help, Hope and Healing in the Wake of a Suicide*, by Arrington Cox
- *Dying to be Free: A Healing Guide for Families after a Suicide*, by Beverly Cobain
- *Grief After Suicide*, edited by John R. Jordan and John McIntosh
- *Healing After the Suicide of a Loved One*, by Ann Smolin
- *Night Falls Fast*, by Kay Redfield Jamison
- *Suicide Survivors*, by Adina Wroblewski
- *Suicide: Why?*, by Adina Wroblewski
- *Surviving Suicide*, by Heather Hays
- *Touched by Suicide: Hope and Healing After Loss*, by Michael Myers and Carla Fine
- *Why People Die by Suicide*, by Thomas Joiner

SPECIFICALLY FOR CHILDREN

- *Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them*, by Doreen Cammarata
- *But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors*, by Barbara Rubel
- *My Uncle Keith Died*, by Carol Ann Loehr
- *After A Parent's Suicide: Helping Children Heal*, by Margo Requarth