

Library Books & Resources Available through
Mourning Hope's Lending Library:

Section: Adult Books
Topic: Suicide/Homicide

Title	Author (Last Name)	Description
After a Parent's Suicide: Helping Children Heal	Requarth	For both parents and counselors, this impassioned guide explains how to manage immediate and long-term effects of suicide, how to talk to your children, and how to help them find acceptance, healing, and a renewed capacity for joy in life.
After a Suicide: A Workbook for Grieving Kids	The Dougy Center	For thousands of kids each year effected by suicide here is an activity book that sings out hope. The Dougy Center has long assisted grieving children. Here they give us a tool so we can too.
After Suicide Loss: Coping With Your Grief	Baugher	A complete resource that covers the first few days, the first few weeks, the first few months, the first year and beyond, and includes stories of survivors.
But I Didn't Say Goodbye	Rubel	This is an extraordinary and innovative resource that takes a difficult topic and creates a manageable path for parents and professionals to follow in providing validation and real help to young suicide survivors. Highly recommended.
Coping with Traumatic Death: Homicide	Baugher	This book is designed to help you understand what you are going through and guide you through the homicide investigation. This complete book begins with the first few days and ends with the first year.
Dancing With The Skeleton	Derrek	Meditations for Suicide Survivors. "The intense agony that comes when someone you love completes suicide runs

		through these pages along with tears, laughter, self-worth and recovery."
Do They Have Bad Days In Heaven?	Linn-Gust	From her own experiences the author writes about the myriad of emotions, the forgotten mourners, how the family copes.
Just Us	Henry-Jenkins	Overcoming and Understanding Homicidal Loss and Grief "Just us, two small words which define the plight and capture the essence of what it feels like to be survivors or murder victims."
Living When a Young Friend Commits Suicide	Grollman	This easy to read book is packed with important, reassuring information. Youth will learn how to tell if someone is suicidal, what to do and who and how to tell. Straightforward and immensely helpful.
No Time to Say Goodbye: Surviving the Suicide of a Loved One	Fine	This book 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. The author offers a strong helping hand and invaluable guidance through the various stages of the survival process.
Silent Grief: Living in the Wake of Suicide	Lukas/Seiden	"Silent Grief" is a book for and about "suicide survivors" - those who have been left behind by the suicide of a friend or loved one. The authors present information on common experiences of bereavement, grief reactions and various ways of coping. "Silent Grief" gives valuable insights into living in the wake of suicide and provides useful strategies and support for those affected by a suicide, as well as professionals in the field of psychology, social work, and medicine.
Suicide, The Forever Decision	Quinnett	For Those Thinking about Suicide and for Those who Know, Love, Or Counsel Them. From his many years' experience as a psychologist, the author explores the reasons for suicide and gives arguments for choosing life.
Suicide: Intervention & Therapy	Quinnett	Undoing the Forever Decision. A book that explains suicide, intervention and paths to seek recovery after attempted suicide.
The Empty Chair	Glover	This book describes and offers guidance for each emotion and issue that persons encounter following a suicide. The author writes with compassion and hope and from the experiences of the suicide of a brother and a daughter.

<p>The Understanding Your Suicide Grief Journal</p>	<p>Wolfelt</p>	<p>For many suicide survivors, journaling is an excellent way to do the work of mourning. While private and independent, journaling is still the outward expression of grief. And it is through the outward expression of grief that you heal. This journal helps you explore the ten essential Touchstones for finding hope and healing your grieving heart.</p>
<p>The Understanding Your Suicide Grief Support Group Guide</p>	<p>Wolfelt</p>	<p>This book is for those who want to facilitate an effective grief group. It includes 12 meeting plans that will interface with Dr. Wolfelt's <i>Understanding Your Suicide Grief</i> and <i>The Understanding Your Suicide Grief Journal</i>. Each week, group members read a portion of the book and write down their thoughts and feelings about what they've read in the guided journal.</p>
<p>Trying to Remember Forced to Forget</p>	<p>Kletter</p>	<p>January 1948, at four, I discovered my father's dead body hanging over the toilet. As a result-and my mother trying to convince me it was just a dream-I was institutionalized until I had to be hospitalized. Fifty-two years later, I'm finally able to write about my life as a survivor.</p>
<p>Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart</p>	<p>Wolfelt</p>	<p>This compassionate guide, written by one of North America's leading grief educators, will help you understand the normal and necessary journey through suicide grief. The guide describes ten Touchstones that are essential physical, emotional, cognitive, social, and spiritual actions for you to take in order to heal.</p>