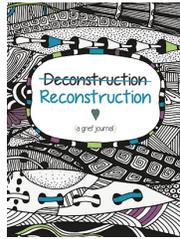


# Suicide Awareness Resources

## Supporting a Teen After Suicide

### Deconstruction/Reconstruction Grief Journal

Whether a teen has experienced the death of a parent, sibling, grandparent, close friend, or other family member, this Deconstruction/Reconstruction journal is an advice-free place where teens can draw, write, paint, and transform whatever they're thinking and feeling



### After

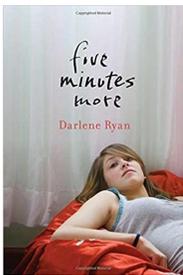
Fifteen-year-old Francis's father has committed suicide and nothing will be the same again. At first, Francis feels a terrible guilt. Could he have been a better son? Soon the guilt turns to anger and then to a sadness so profound that he thinks he can't bear it. *After* is the map of a year following the suicide of a family member. *After* is intensely personal, but it will resonate with anyone who has faced the loss of a loved one. This brilliant autobiographical first novel is an acute analysis of the grieving process. Although it is steeped in Francis's sadness, it is ultimately a story of hope.

### When A Friend Dies: A Book for Teens About Grieving & Healing

The death of a friend is a wrenching event for anyone at any age and can spark feelings that range from sadness to guilt to anxiety. Teens especially need help coping with grief and loss. This sensitive book answers questions grieving teens often have, like "How should I be acting?" "How long will this last?" and "What if I can't handle my grief on my own?" The book also addresses the complicated emotions that can accompany the death of an acquaintance, as opposed to a close friend. The advice is gentle, non-preachy, and compassionate; recommended for teens as well as parents and teachers of teens who have experienced a painful loss.



### Five Minutes More



D'Arcy's dad is dead. She desperately wants it to have been an accident, but she is not sure. And when she learns the truth, things become even more difficult. Why would her father choose suicide? Why didn't she see the signs? Her father had always helped her get through everything in her life—five minutes at a time. Can she do it alone? And then she meets Seth. Learning to live without her father while her mother struggles with her own pain, D'Arcy

finds an inner strength she wasn't aware of. She also finds that almost anything is tolerable for five minutes more.

### Children, Teens, and Suicide Loss

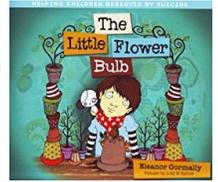
A new guidebook designed specifically to help families with children and teens, who are survivors of suicide death, better address their complex practical and emotional needs.



## Supporting a Child After Suicide

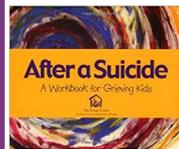
### The Little Flower Bulb

This book tells the story of how Jamie, his mom and sisters, deal with the death of his father. This book will help parents when talking to children bereaved by suicide.



### My Uncle Keith Died

This book is a tool for anyone who knows a child whose life has been devastated by suicide. It helps answer some of the questions children ask about suicide and provides a discussion guide to help parents and professionals use the book confidently.

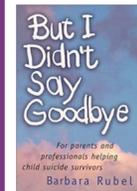


### After a Suicide Death: An Activity Book for Grieving Kids

A hands-on, interactive activity book for children who have been exposed to a suicide death to learn from other grieving kids. It includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.

### Why Would Someone Want to Die?

This book equips you with the tools to explain suicide openly and honestly to children and open the lines of communication between you and the grieving child. You'll also learn several techniques that will help you guide your child to positively cope with the loss as well as the personal guilt associated with the suicide.



### But I Didn't Say Goodbye

A book seen through the eyes of Alex, an eleven-year-old boy, whose father has died by suicide. This story is a glimpse into a child's traumatic and life-changing personal experience. This book introduces you to a bereaved family immediately after a suicide and ends five years later. The dialogue in each chapter will show you how you can help develop honest, open communication between children and the people in their lives.

### Supporting Children After a Suicide Loss

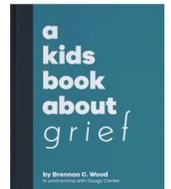
A compassionate and comprehensive resource that's essential for anyone who is helping to guide a child through the traumatic experience of a suicide loss.

### After a Death: An Activity Book for Grieving Kids

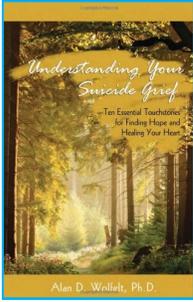
This workbook is designed for children who have experienced the death of a family member or friend. With a mixture of creative activities and tips for dealing with changes at school, home and with friends, this is a great tool for all grieving children.

### A Kid's Book About Grief

Grief is a normal and natural reaction to loss and it is my hope that A Kids Book about Grief will give children and families the words to talk about their grief together.



# Suicide Awareness Resources



## Understanding Your Suicide Grief

When someone you love takes his or her own life, your grief is profound. Yet as a result of fear and misunderstanding, suicide survivors are often left alone and in silence at a time when they desperately need compassion and unconditional support. This guide will help you understand the normal and necessary journey through suicide grief.

## After a Parent's Suicide

This instructive and impassioned book charts the complex emotional waters every family must navigate in the wake of a previously unimaginable suicide death. Starting with the haunting tale of her own mother's suicide, the author weaves together her experience counseling "survivors," interviews with children, teens and parents, and the latest research on suicide and its aftermath. This is a how to guide for parent survivors on how to talk with your children and to see them through the anguish.

## Unfinished Conversations: Healing from Suicide and Loss

During the two years following the suicide of his best friend, the author kept a journal as he healed from his profound loss. The writing, combined with mindfulness and meditation practice, helped him recapture his joy and transform his grief into a new relationship with his lost friend. In this book, the author's story is combined with proven tools and techniques from a trauma specialist offering survivors effective means to face their own experience and open to the potential for healing and a new life. Anyone left after a suicide can take this journey past trauma to find greater perspective, meaning, and well-being in their lives.

## After Suicide Loss: Coping with your Grief

There are no words to express the feelings of losing a loved one to suicide. This book is a practical guide for coping with suicide, from the first few days through the first year and beyond. This book will help guide and support survivors of suicide through their pain and confusion.

FREE resources are available for check out through the NEPRC Library or to own. Please contact [neprc@humanserviceagency.org](mailto:neprc@humanserviceagency.org) for more information or to reserve. Circle which resource you would like, please limit to 3. Complete information below.

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