

Resources for Survivors

The following **websites** are for survivors of suicide or have sections devoted to survivors.

American Association of Suicidology www.suicidology.org (Click on survivors)

American Foundation for Suicide Prevention www.afsp.org (Click on Surviving Suicide Loss)

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

Suicide Prevention Resource Center www.sprc.org/featured_resources/customized/survivors.asp

Survivors of Suicide www.survivorsofsuicide.com

Other web sites

Maine Youth Suicide Prevention Program www.mainesuicideprevention.org

For those who are 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 web sites. 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 (404-256-2919). The newsletter can also be found on-line at www.thelink.org/images/journey.pdf

Surviving Suicide—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.

“Comforting Friends”, Friends for Survival, a National Outreach Program for Survivors of Suicide Loss, P.O. Box 214463, Sacramento, CA 95821 (916-392-0664)

The Compassionate Friends publishes a newsletter and offers support groups. The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. E-mail e-newsletter@compassionatefriends.org to subscribe.

Guides

Help is at Hand: A resource for people bereaved by suicide and other sudden traumatic death (This guide was written for people in the United Kingdom but most sections would be very useful including a reprintable form for notifying people and organizations about the death of your loved one.) www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4139006

Surviving a suicide loss: A financial guide

This booklet was 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 the suicide of a family member. It can be obtained by calling the Information and Resource Center at 1-800-499-0027 (Maine only).

Books

Sibling

An Empty Chair: Living the 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 Garrett by Gordon Smith

My Son...My Son 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

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

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Paul R. LePage, Governor

Mary C. Mayhew, Commissioner