



## Suggested Books on Grief Involving Suicide

**Alliance of Hope** <https://allianceofhope.org/bookstore/#>!

The Alliance of Hope was founded in 2008 by a mental health counselor who lived through the traumatic loss of her stepson to suicide in 1995. Listed on this site are books that address family needs following a suicide by a loved one. Use your internet search engine to look for Alliance of Hope or scan the QR code for the list of recommended books.



**Cheldelin-Fell, L. (2015). *Grief Diaries: Surviving loss by suicide*. AlyBlue Media.**

Part of the award-winning Grief Diaries series, *\*\*Surviving Loss by Suicide\*\**, shares the poignant stories of people who have all lost someone they love. Covering tender issues such as surviving the funeral and transition, navigating the holidays, handling sensitive questions, and more, *\*\*Surviving Loss by Suicide\*\** is an excellent source of comfort for all who share the journey and offers a treasured reminder that none of us walk this journey alone.

**Lukas, C. & Seiden, H.M. (2007). *Silent Grief: Living in the wake of suicide – Revised edition*. Jessica Kingsley Publishers.**

Author Christopher Lukas is a suicide survivor. The book draws on his own experiences, as well as those of numerous other suicide survivors. These inspiring personal testimonies are combined with the professional expertise of Dr. Henry M. Seiden, a psychologist and psychoanalytic psychotherapist.

The authors present information on everyday experiences of bereavement, grief reactions, and various ways of coping. Their message is that it is important to share one's knowledge of "survival" with others, and they encourage survivors to overcome the perceived stigma or shame associated with suicide and to seek support from self-help groups, psychotherapy, family therapy, Internet support forums or simply a friend or family member who will listen.

**Moir, L. (2016). *Rafi's Red Racing Car: Explaining suicide and grief to young children*. Jessica Kingsley Publishers.**

Rafi the rabbit loves playing with his daddy, especially with his favorite red racing car toy. But one day, his daddy gets so sad and confused that he goes out and doesn't come back. Rafi is confused and scared.

This imaginative, compassionate book aims to help young children come to terms with the loss of a family member to suicide. Rafi's story explains what suicide is in a sensitive yet honest way and helps children understand the many overwhelming emotions of grief. Though Rafi struggles with confusion, anxiety, anger, and sadness, he learns that his feelings are natural. He gradually feels happy again with love, guidance, therapeutic activities, and the fun memories kept alive in his red racing car.

This book, illustrated with beautiful watercolor pictures, ends with an informed, straightforward guide for parents and professionals on how best to help a grieving child heal.

**Pacha, L. (2020). *Saving Ourselves from Suicide - Before and After: How to Ask for Help, Recognize Warning Signs, and Navigate Grief*. Autumnbloom Press.**

Linda Pacha is refreshingly transparent, holding nothing back in this moving and uplifting help book. With the detailed table of contents, you will refer back to her recommendations and warm advice time and time again. Read warning signs in her son's last text messages labeled for you. Learn what Nick could not feel or understand: the options and hope that were still there. And if suicide has already happened, she will help you move forward in your grief, release any guilt or anger, and find hope in life again.

**Wolfelt, A. (2010). *The wilderness of suicide grief: Finding your way*. Companion Press.**

Presenting the idea of wilderness as a sustained metaphor for grief, this compassionate guide explores the unique responses inherent to the grief felt by those who have experienced the suicide of a loved one and offers information about coping with such a profound loss. Likening the death of a loved one to the experience of being wrenched from everyday life and dropped down in the middle of nowhere, the handbook employs 10 touchstones, or trail markers, that survivors use to begin to make their way through the new landscape. Each touchstone gently guides readers through the entire grieving process and includes topics such as dispelling misconceptions regarding suicide, exploring feelings, and embracing the uniqueness of a loss.