

## **BOOK RESOURCES FOR SUICIDE PREVENTION & SURVIVOR HELP**

### **Suicide Prevention (especially with kids & teens)**

- \*My Feeling Better Workbook: Help for Kids Who Are Sad & Depressed [Sara Hamil]
- \*The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety & Worry [Lisa Schab]
- \*When Nothing Matters Anymore: A Survival Guide for Depressed Teens [Beverly Cobain]
- \*The Disappearing Girl: Learning the Language of Teenage Depression [Lisa Machoian]
- \*How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention [Susan Rose Blauer]
- \*Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back [Addis/Martel]
- \*The Depression Workbook: A Guide for Living w/ Depression & Manic-Depression [Mary Ellen Copeland]
- \*Move Your Body, Tone Your Mood [Kate Hays]
- \*Eight Stories Up: An Adolescent Chooses Hope Over Suicide [DeQuincy Lezine]
- \*Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks and Other Outlaws [Kate Bornstein]
- \*Step Back from the Exit: 45 Reasons to Say No to Suicide [Jillayne Arena]
- \*The Power to Prevent Suicide: A Guide for Teens Helping Teens [Nelson/Galas/Cobain]
- \*The Post-Traumatic Stress Disorder Sourcebook [Schiraldi]

### **Grieving a Suicide/Loss to Self-Destructive Actions**

- \*Silent Grief: Living in the Wake of a Suicide [Lukas]
- \*No Time to Say Goodbye [Fine]
- \*Dying to Be Free [Cobain]
- \*Healing After Loss: Daily Meditations for Working Through Grief [Hickman]
- \*The Seven T's: Finding Hope and Healing in the Wake of Tragedy [Collins]
- \*Sanity and Grace: A Journey of Suicide, Survival, and Strength [Collins]
- \*Aftershock: Help, Hope, and Healing in the Wake of Suicide [Arrington/Cox]
- \*After Suicide: Help for the Bereaved [Clark]
- \*Too Soon to Say Goodbye: Healing and Hope for Victims and Survivors of Suicide [Osborn/Kosman/Gordon]
- \*Finding Your Way After the Suicide of Someone You Love [Biebel/Foster]
- \*Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder [Hale-Seubert]
- \*His Bright Light: The Story of Nick Traina [Steel]
- \*Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences [Levine]

### **Understanding Depression and/or Suicide Attempts: First-Hand Accounts**

- \*Darkness Visible: A Memoir of Madness [William Styron]
- \*Life in Spite of Me: Extraordinary Hope After a Fatal Choice [Kristen Jane Anderson]
- \*Eight Stories Up: An Adolescent Chooses Hope Over Suicide [DeQuincy Lezine]
- \*Madness: A Bipolar Life [Marya Hornbacher]
- \*A Lethal Inheritance: A Mother Uncovers the Science Behind Three Generations of Mental Illness [Victoria Costello]