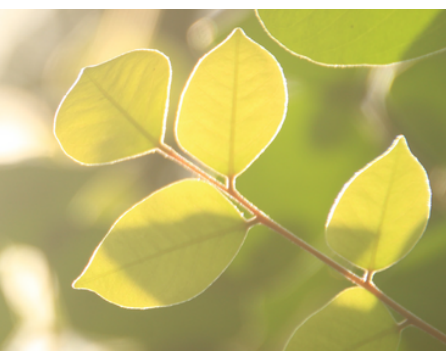


Suggested Books

- After Suicide Loss: Coping with Your Grief.** Baugher, B. & Jordan, J. (2015).
- Someone I Love Died by Suicide; A story for child survivors and those who care for them.** Cammarata, D. (2009).
- Suicide Survivor's Handbook: A Guide to the Bereaved and Those Who Wish to Help Them, Expanded Edition.** Carlson, T. (2000)
- Not Yet: A Memoir of Living and Almost Dying.** Choy, W. (2009).
- A Mourner's Kaddish: Suicide and the Rediscovery of Hope.** Clarke, J.C. (2006).
- The Seven T's: Finding Hope and Healing in the Wake of Tragedy.** Collins, J. (2007).
- Transcending Loss: Understanding the Lifelong Impact of Grief and How to Make it Meaningful.** Davis Prend, A. (1997).
- Journaling a Pathway Through Grief: One Family's Journey After the Death of a Child.** Dean, W. (2002).
- The Empty Room: Understanding Sibling Loss.** Devita-Raeburn, E. (2007).
- Chee Chee: A Study of Aboriginal Suicide.** Evans, A. (2004).
- After Daniel: A Suicide Survivor's Tale.** Farr, M. (2000).
- No Time to Say Goodbye: Surviving the Suicide of a Loved One.** Fine, C. (1999).
- The Grieving Teen: A Guide for Teenagers and Their Friends.** Fitzgerald, H. (2000).
- The Gift of Grief: Finding Peace, Transformation and Renewed Life After Great Sorrow.** Gewitz, M. D. (2008).
- Bart Speaks Out: Breaking the Silence on Suicide.** Goldman, L. (1998).
- Why People Die by Suicide.** Joiner, T. (2007).



Contact Us

If you or someone you know has been impacted by a suicide and needs some support, please connect with us.

Suicide is not about wanting to die, it is about struggling to live. If you are thinking about suicide, please tell someone.

The Support After Suicide Team can provide information and support.

We can be reached
Monday to Friday, 9:00am – 5:00pm.

Telephone: 1-844-CMHAWW3 x7951
(264-2993) Email: sas@cmhaww.ca

For more information about the team, go to www.here4hope.ca

Suggested Books

Katie's Diary: Unlocking the Mystery of a Suicide. Lester, D. (Ed.). (2003).

Do They Have Bad Days in Heaven? Surviving Suicide Loss of a Sibling. Linn-Gust, M. (2001)

Silent Grief: Living in the Wake of Suicide. Lukas, C. & Seiden, H.M. (1997).

In Search of April Raintree. Mosionier, B. C. (2008).

Coping with Teen Suicide. Murphy, J. M. (1999).

Touched by Suicide: Hope and Healing After Loss. Myers, M. F. & Fine, C. (2006).

Seven Choices: Finding Daylight After Loss Shatters Your World. Neeld, E. H. (2003).

Night Falls Fast: Understanding Suicide. Redfield Jamison, K. (2000).

After a Parent's Suicide: Helping Children Heal. Requarth, M. (2008).

But I Didn't Say Goodbye: Helping Families After a Suicide. Rubel, B. (2020).

Goodbye Jeanine: A Mother's Faith Journey After Her Daughter's Death. Sackett, J. (2005).

The Suicidal Mind. Schneidman, E. S. (1996).

A Time to Grieve: Meditations for Healing After the Death of a Loved One.

Staudacher, C. (1994).

When Life Hurts: A Three-Fold Path to Healing. Stiller, B. C. (2000).

Before Their Time: Adult Children's Experiences of Parental Suicide. Stimming, M. & Stimming, M. (Eds.). (1998).

When There are No Words: Finding Your Way to Cope with Loss and Grief. Walton, C. (2003).



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A Special Scar: The Experiences of People Bereaved by Suicide. Wertheimer, A. (2001).

Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death. Wolfeslt, A. D. (2002).

The Journey Through Grief: Reflections on Healing. Wolfeslt, A. D. (2003).

Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart. Wolfelt, A. D. (2009).



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