

A Good Place to Start

- Touched by Suicide: Hope and Healing After Loss. Myers, M. F. & Fine, C. (2006).
- After Suicide Loss: Coping with Your Grief. Baugher, B. & Jordan, J. (2015).
- Finding Meaning: The Sixth Stage of Grief. Kessler, D. (2019).
- Resilient Grieving: Finding Strength and Embracing Life After A Loss That Changes Everything by Lucy Hone (2017).
- Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death. Wolfelt, A. D. (2002).
- The Journey Through Grief: Reflections on Healing. Wolfelt, A. D. (2003).
- Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart. Wolfelt, A. D. (2009).
- The Wilderness of Suicide Grief: Finding your Way. Wolfelt, A. D. (2010)
- It's OK that you're not OK: Meeting Grief and Loss in a Culture that Doesn't Understand. Devine, M (2017)

Loss of a Child

- Journaling a Pathway Through Grief: One Family's Journey After the Death of a Child. Dean, W. (2002).
- Coping with Teen Suicide. Murphy, J. M. (1999).
- Goodbye Jeanine: A Mother's Faith Journey After Her Daughter's Death. Sackett, J. (2005).

Loss of a Partner

- No Time to Say Goodbye: Surviving the Suicide of a Loved One. Fine, C. (1999).

Loss of a Parent

Loss of a Sibling

- The Empty Room: Understanding Sibling Loss. Devita-Raeburn, E. (2007).
- Do They Have Bad Days in Heaven? Surviving Suicide Loss of a Sibling. Linn-Gust, M. (2001).

Helping Children and Teens Heal After a Loss to Suicide

- Red Chocolate Elephants: For Children Bereaved By Suicide. Sands, D & Neimeyer, R.A (2010).
- The Dougy Center for Grieving Children and Families: www.dougy.org

Understanding Suicide

- Why People Die by Suicide. Joiner, T. (2007).
- When it is Darkest: Why People Die By Suicide and What We Can Do to Prevent It. O'Connor, R. (2021).
- Night Falls Fast: Understanding Suicide. Redfield Jamison, K. (2000).
- The Suicidal Mind. Schneidman, E. S. (1996).

WEBSITES

Here 4 Hope here4hope.ca

Canadian Association for Suicide Prevention / Association canadienne pour la prévention du suicide - Home suicideprevention.ca

Mental Health Commission of Canada: [Suicide Loss Toolkit](#)

Survivors of Suicide Loss - The LifeLine Canada Foundation thelifelinecanada.ca

Open To Hope, Support for Dealing with Death, Grief, Loss, Bereavement OpenToHope.com

Waterloo Region Suicide Prevention Council | Home wrspc.ca

Suicide Risk and Prevention of Suicide – Canadian Coalition for Seniors' Mental Health
ccsmh.ca