

## After A Parents Suicide Helping Children Heal

The past 25 years have seen a major paradigm shift in the field of violence prevention, from the assumption that violence is inevitable to the recognition that violence is preventable. Part of this shift has occurred in thinking about why violence occurs, and where intervention points might lie. In exploring the occurrence of violence, researchers have recognized the tendency for violent acts to cluster, to spread from place to place, and to mutate from one type to another. Furthermore, violent acts are often preceded or followed by other violent acts. In the field of public health, such a process has also been seen in the infectious disease model, in which an agent or vector initiates a specific biological pathway leading to symptoms of disease and infectivity. The agent transmits from individual to individual, and levels of the disease in the population above the baseline constitute an epidemic. Although violence does not have a readily observable biological agent as an initiator, it can follow similar epidemiological pathways. On April 30-May 1, 2012, the Institute of Medicine (IOM) Forum on Global Violence Prevention convened a workshop to explore the contagious nature of violence. Part of the Forum's mandate is to engage in multisectoral, multidirectional dialogue that explores crosscutting, evidence-based approaches to violence prevention, and the Forum has convened four workshops to this point exploring various elements of violence prevention. The workshops are designed to examine such approaches from multiple perspectives and at multiple levels of society. In particular, the workshop on the contagion of violence focused on exploring the epidemiology of the contagion, describing possible processes and mechanisms by which violence is transmitted, examining how contextual factors mitigate or exacerbate the issue. Contagion of Violence: Workshop Summary covers the major topics that arose during the 2-day workshop. It is organized by important elements of the infectious disease model so as to present the contagion of violence in a larger context and in a more compelling and comprehensive way.

Too often people suffering the aftermath of a suicide suffer alone. As the survivor of a person who has ended his or her own life, you are left a painful legacy -- and not one that you chose. *Healing After the Suicide of a Loved One* will help you take the first steps toward healing. While each individual becomes a suicide survivor in his or her own way, there are predictable phases of pain that most survivors experience sooner or later, from the grief and depression of mourning to guilt, rage, and despair over what you have lost. You may be torturing yourself with repetitive questions such as "What if...?" "Why didn't we...?" and "Why, why, why?" *Healing After the Suicide of a Loved One* will steer you away from this all-too-common tendency to blame yourself and will put you on the path to healing and recovery. Remember, your wounds can heal and you can recover. Filled with case studies, excellent information, valuable advice, and a completely up-to-date reading list and directory of suicide support groups nationwide, this valuable book will give you the strength and hope to go on living.

Albert Y. Hsu wrestles with emotional and spiritual questions surrounding suicide, ultimately pointing survivors to the God who offers comfort in our grief and hope for the future. This revised edition now includes a discussion guide for suicide survivor groups.

This book fills a critical gap in our scientific understanding of the grief response of parents who have lost a child to traumatic death and the psychotherapeutic strategies that best facilitate healing. It is based on the results of the largest study ever conducted of parents surviving a child's traumatic death or suicide. The book was conceived by William and Beverly Feigelman following their own devastating loss of a son, and written from the perspective of their experiences as both suicide-survivor support group participants and facilitators. It intertwines data, insight, and critical learning gathered from research with the voices of the 575 survivors who participated in the study. The text emphasizes the sociological underpinnings of survivors' grief and provides data that vividly documents their critical need for emotional support. It explains how bereavement difficulties can be exacerbated by stigmatization, and by the failure of significant others to provide expected support. Also explored in depth are the ways in which couples adapt to the traumatic loss of a child and how this can bring them closer or render their relationship irreparable. Findings suggest that with time and peer support affiliations, most traumatically bereaved parents ultimately demonstrate resilience and find meaningful new roles for themselves, helping the newly bereaved or engaging in other humanitarian acts. Key Features: Offers researchers, clinicians, and parent-survivors current information on how parents adapt initially and over time after the traumatic loss of a child Presents data culled from the largest survey ever conducted (575 individuals) of parents surviving a child's suicide or other traumatic death Investigates the ways in which stigmatization complicates and prolongs the grieving process Addresses the tremendous value of support groups in the healing process Explores how married couples are affected by the traumatic loss of their child

At a time when tempers flare over the Oregon assisted suicide law and Jack Kevorkian's physician-aid-in-dying, *Last Wish*, Betty Rollin's groundbreaking New York Times bestseller, is due for a rereading. *Last Wish* is an intimate, fiercely honest memoir of a daughter's struggle to come to terms with her terminally ill mother's decision to die. More than an examination of the ethical, spiritual, and technical aspects of assisted suicide, *Last Wish* is also a celebration of Rollin's imperfect family, a passionate testament to her mother's character and courage, and a compelling argument for the right of the terminally ill to a humane and dignified death. The PublicAffairs paperback edition includes a new foreword, questions for thought and discussion, and a helpful resource guide.

One of The New York Times' 16 New Books to Watch for in March One of Publishers Weekly's Most Anticipated Books of the Year One of Newsweek's Most Highly Anticipated Books of The Year One of BuzzFeed's Most Anticipated Books the Year Based on the acclaimed series—a finalist for the Pulitzer Prize—an intimate account of the devastating

effects of gun violence on our nation's children, and a call to action for a new way forward In 2017, seven-year-old Ava in South Carolina wrote a letter to Tyshaun, an eight-year-old boy from Washington, DC. She asked him to be her pen pal; Ava thought they could help each other. The kids had a tragic connection—both were traumatized by gun violence. Ava's best friend had been killed in a campus shooting at her elementary school, and Tyshaun's father had been shot to death outside of the boy's elementary school. Ava's and Tyshaun's stories are extraordinary, but not unique. In the past decade, 15,000 children have been killed from gunfire, though that number does not account for the kids who weren't shot and aren't considered victims but have nevertheless been irreparably harmed by gun violence. In *Children Under Fire*, John Woodrow Cox investigates the effectiveness of gun safety reforms as well as efforts to manage children's trauma in the wake of neighborhood shootings and campus massacres, from Columbine to Marjory Stoneman Douglas. Through deep reporting, Cox addresses how we can effect change now, and help children like Ava and Tyshaun. He explores their stories and more, including a couple in South Carolina whose eleven-year-old son shot himself, a Republican politician fighting for gun safety laws, and the charlatans infiltrating the school safety business. In a moment when the country is desperate to better understand and address gun violence, *Children Under Fire* offers a way to do just that, weaving wrenching personal stories into a critical call for the United States to embrace practical reforms that would save thousands of young lives.

This is a frank, compassionate book written to those who contemplate suicide as a way out of their situations. The author issues an invitation to life, helping people accept the imperfections of their lives, and opening eyes to the possibilities of love.

When people die by suicide, they leave behind family and friends who suddenly find themselves mourning the person's loss and wondering what happened. This guide addresses many personal issues related to a death by suicide, including telling others, working through the grief, finding what helps people to heal, and grieving in children and youth. This Ontario guide also outlines practical things that need taking care of, such as arranging a funeral and dealing with the deceased's personal, legal and financial matters. A resource section lists organizations, websites and books that may help.

This newly revised edition of the book is designed for adult caregivers to read to surviving youngsters following a suicidal death. The story allows individuals an opportunity to recognize normal grieving symptoms and to identify various interventions to promote healthy ways of coping with the death of a special person. Although the language used in the book is simplistic enough to be read along with children and ultimately stimulating family discussion, it can be beneficial to all who have been tragically devastated by suicide. It is recommended for this book to be utilized in conjunction with therapy.

This book provides a concise, yet comprehensive guide to effective work with bereaved parents, combining a broad overview of current research, theory, and practice with the authors' own extensive clinical experience. Transcripts of individual, couple, and group meetings illustrate the delicate subtleties of this work, giving the reader helpful insights into more effective clinical practice. The authors emphasize the importance of approaching each parent as a unique person, while also considering the socio-cultural context of the bereaved. This book helps clinicians approach work with bereaved parents with a less scripted format, suggesting an alternative role as expert companion to the bereaved, allowing for a more uplifting experience for both parties.

What do you do when your father dies by suicide while you are in the hospital awaiting the birth of your triplets? What do you do when you can't attend your father's funeral because physician orders include complete bed rest? What do you do when you realize that you experienced a devastating loss and that you are not alone in that experience? You write a book and dedicate your life to helping others affected by suicide! Barbara Rubel's fictional characters in *But I Didn't Say Goodbye* are a compilation of what individuals may experience throughout their lifetime as a suicide loss survivor. *But I Didn't Say Goodbye: Helping Families After a Suicide* tells the story, from the perspective of an eleven-year-old boy, Alex, and his family, as they are rocked by suicide and reeling from the aftermath. Through Alex's eyes, the reader will see the transformation of feelings after going through a death by suicide. New to the third edition, each chapter ends with Alex reflecting 10 years later on his experience, introducing family members and friends in his recollections. Barbara Rubel has combined our modern academic theories of grieving, and the research that supports those theories, and then translated them into a readable story for anyone bereaved by suicide. The revised edition is an evidence-informed and contemporary treatment of a devastating form of loss that uses the artful device of a hypothetical case study to render it in human terms. Through the story, the reader will understand what losing someone to suicide might be like for a family, how to make meaning in the loss, and ways to experience personal growth. This self-help book was revised to provide guidance and education for clinicians (e.g., mental health providers, social workers, psychologists, school counselors, and case managers) and families to help suicide loss survivors. Part 1 offers a basic understanding of suicide postvention, suicide loss survivors, complicated grief, mourning theories, the American death system, and the impact on clinician survivors. Chapters have been substantially updated, based on mourning models and the latest research. The chapters in Part 2 build upon one another sequentially, from the day of the suicide to the anniversary of the death. At the end of each chapter, there are follow-up questions to explore in counseling sessions, support groups, therapy sessions, or at home. Also, at the end of each chapter, Alex, at the age of 21, reflects back on how his father's death by suicide has changed his life, wounding him, but also helping him to grow.

After a Parent's Suicide Helping Children Heal

A step by step guide how to help children and families after a suicide from the first painful days to 5 years later. A detailed list of resources and support services is provided.

A well researched, thoughtful guide for parents and caregivers who are supporting grieving children and families after a death by suicide. This guide offers practical suggestions

on how to talk with children of all ages about suicide-loss as well as guidance for schools on supporting grieving children in a school setting. All profits go back to Chesapeake Life Center, a non-profit that supports grieving children and families.

From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public position with one of the world's largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate health topics, she was uncertain of revealing her devastating loss—the most painful thing she'd ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving voice to her grief. She shared her story with her Good Morning America family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.

This book, which is written for children between the ages of five and twelve years, provides a resource that parents and caregivers can use to support and guide their children through the difficult process of suicide bereavement. Explaining suicide is not a task that parents are usually prepared for. Parents and caregivers often feel lost and overwhelmed at the prospect of having to discuss suicide with their children. Written from the perspective of a child, this illustrated story provides a fictional character for children to relate to. The story guides children through the difficult emotions they may feel, but often find difficult to express. It ends by reassuring children that they can survive the pain of their loss, even though it currently feels unbearable. Parents and caregivers should read this book with their children. This book provides a means to explain suicide and suicide bereavement in a way that children can understand, while also giving children permission to talk openly about their loss. The goal is to increase the sense of connection between parents and caregivers and their children and to help children feel understood and supported. In the supplementary parents guide, the author answers some of the common questions that arise for parents and caregivers, and covers specific examples of how they can respond to their children when discussing the suicide.

With recent studies using genetic, epigenetic, and other molecular and neurochemical approaches, a new era has begun in understanding pathophysiology of suicide. Emerging evidence suggests that neurobiological factors are not only critical in providing potential risk factors but also provide a promising approach to develop more effective treatment and prevention strategies. *The Neurobiological Basis of Suicide* discusses the most recent findings in suicide neurobiology. Psychological, psychosocial, and cultural factors are important in determining the risk factors for suicide; however, they offer weak prediction and can be of little clinical use. Interestingly, cognitive characteristics are different among depressed suicidal and depressed nonsuicidal subjects, and could be involved in the development of suicidal behavior. The characterization of the neurobiological basis of suicide is in delineating the risk factors associated with suicide. *The Neurobiological Basis of Suicide* focuses on how and why these neurobiological factors are crucial in the pathogenic mechanisms of suicidal behavior and how these findings can be transformed into potential therapeutic applications.

Nick, a kindhearted nineteen-year-old, walked from his college campus to a tall bridge and jumped into the Mississippi. The lost body, the subsequent jumpers . . . suddenly the unthinkable became unfathomable. Linda Pacha takes you on a powerful journey through her son's heartbreaking life story-----including ongoing bullying, not fitting in, and ultimately suffering from mental health issues-----as well as her family's grief process, offering guidance to save others from suicide and help those grieving in the aftermath of loss. Her hope is that you will benefit from these insights gained from hindsight to help yourself, your family, or your friends. Suicide prevention-----Access to real-life examples of suicide warning signs missed in Nick's last behaviors and communications; discussion of mental health issues as a risk factor; an inside look at private challenges and bullying; and ways to help those struggling to stay alive. Self-help/grief after loss-----Recommendations on navigating the grief process, including the challenging steps back into society, new family dynamics, and necessary choices after loss; explanation of the stigma, judgment, and misconceptions of mental health and suicide; and ways to help loss survivors. Tips for a better tomorrow-----Practical suggestions for reducing the pressure we put on ourselves and our youth and for creating a more compassionate world.

Addresses the following topics. Where are they now? Forgiving the one who died and forgiving others. Reclaiming life. Rebuilding on Christ, the Rock. The light returns, life goes on. Other important insights and resources.

This constructive guide offers much-needed information and clinically-tested advice for those struggling to cope in the aftermath of a suicide. Written in clear language, this book presents the facts and demonstrates how to deal with feelings of guilt, anger, bewilderment, and shame. Also included is an anniversary memorial service that enables family members to recommit themselves to life.

Beginning with her own story of coping with her husband's suicide, Eleanora Betsy Ross takes the reader beyond the silence and shame often associated with suicide and shatters some of

the most pervasive myths surrounding this common tragedy. By examining the dynamics of after-suicide bereavement and using dozens of real-life case histories, *After Suicide* offers hope for the survivors and helps them maintain their sanity and poise during this most difficult time. Backed by years of research and the author's extensive work with survivors and support groups, this book is a valuable guide to coping with a suicide for both survivors and those who work with them. Capped by a comprehensive resource guide, *After Suicide* stands as an important resource for anyone who has to deal with this loss.

*Before Their Time* is the first work to present adult children survivors' (defined as eighteen or above at the time of the parent's death) accounts of their loss, grief, and resolution following a parent's suicide. In one section, the book offers the perspectives of sons and daughters on the deaths of mothers; in another, the perspectives of sons and daughters on the deaths of fathers. In a third section, four siblings reflect on the shared loss of their mother. Each of these survivors faces the common difficulties associated with losing a loved one by suicide. They also experience difficulties specific to their status as both adult and child. Topics such as the impact of the parent's suicide on adult children's personal and professional choices, marriages and parenting, sibling and surviving parent relationships are explored with sensitivity and insight. Various coping skills, including humor, are described. The writers describe feelings of regret and responsibility related to their parent's suicide. They express concern about other family members' vulnerability to suicide. They speak openly about the fears and stresses they face and how they cope with them. The authors ranged in age from nineteen to thirty-six at the time of the parent's death. Between one and twenty-five years have passed since that tragedy. In addition to the first-person narratives, the book includes a resource section with a national listing of suicide survivor support groups; an overview of existing research on survivors of suicide by John L. McIntosh, past president of the American Association of Suicidology; and an essay on elderly suicide by David C. Clark, secretary-general, International Association for Suicide, and editor-in-chief of *Crisis*. The book is introduced with a Foreword by Rev. Charles Rubey, founder and director of Loving Outreach to Survivors of Suicide. Author note: Mary Stimming, Assistant Professor of Religious Studies at Dominican University, gives lectures and workshops on suicide and religion. >P>Maureen Stimming, Associate Director of Career Services at Chicago-Kent College of Law, served as a therapist in a residential mental health treatment center before completing graduate studies in psychology. Prior to her work at Kent, she served as a counselor in the Chicago parochial school system.

"The book is well organized, well detailed, and well referenced; it is an invaluable sourcebook for researchers and clinicians working in the area of bereavement. For those with limited knowledge about bereavement, this volume provides an excellent introduction to the field and should be of use to students as well as to professionals," states *Contemporary Psychology*. The *Lancet* comments that this book "makes good and compelling reading. . . . It was mandated to address three questions: what is known about the health consequences of bereavement; what further research would be important and promising; and whether there are preventive interventions that should either be widely adopted or further tested to evaluate their efficacy. The writers have fulfilled this mandate well."

Every year, about 30,000 people die by suicide in the U.S., and some 650,000 receive emergency treatment after a suicide attempt. Often, those most at risk are the least able to access professional help. *Reducing Suicide* provides a blueprint for addressing this tragic and costly problem: how we can build an appropriate infrastructure, conduct needed research, and improve our ability to recognize suicide risk and effectively intervene. Rich in data, the book also strikes an intensely personal chord, featuring compelling quotes about people's experience with suicide. The book explores the factors that raise a person's risk of suicide: psychological and biological factors including substance abuse, the link between childhood trauma and later suicide, and the impact of family life, economic status, religion, and other social and cultural conditions. The authors review the effectiveness of existing interventions, including mental health practitioners' ability to assess suicide risk among patients. They present lessons learned from the Air Force suicide prevention program and other prevention initiatives. And they identify barriers to effective research and treatment. This new volume will be of special interest to policy makers, administrators, researchers, practitioners, and journalists working in the field of mental health.

#1 NEW YORK TIMES BESTSELLER • More than one million copies sold! A "brilliant" (Lupita Nyong'o, *Time*), "poignant" (*Entertainment Weekly*), "soul-nourishing" (*USA Today*) memoir about coming of age during the twilight of apartheid "Noah's childhood stories are told with all the hilarity and intellect that characterizes his comedy, while illuminating a dark and brutal period in South Africa's history that must never be forgotten."—*Esquire* Winner of the Thurber Prize for American Humor and an NAACP Image Award • Named one of the best books of the year by *The New York Times*, *USA Today*, *San Francisco Chronicle*, *NPR*, *Esquire*, *Newsday*, and *Booklist* Trevor Noah's unlikely path from apartheid South Africa to the desk of *The Daily Show* began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. *Born a Crime* is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man's relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother's unconventional, unconditional love.

It is a beautiful spring day, and Luna is having a picnic in the park with her family, wearing her Mum's red hat. Luna's Mum died one year ago and she still finds it difficult to understand why. She feels that it may have been her fault and worries that her Dad might leave her in the same way. Her Dad talks to her to explain what happened and together they think about all the happy memories they have of Mum. This beautifully-illustrated storybook is designed as a tool to be read with children aged 6+ who have experienced the loss of a loved one by suicide. Suicide always causes shock, not just for the family members but for everyone around them, and children also have to deal with these feelings. The book approaches the subject sensitively and includes a guide for parents and professionals by bereavement expert, Dr Riet Fiddelaers-Jaspers. It will be of interest to anyone working with, or caring for, children bereaved by suicide, including bereavement counsellors, social workers and school staff, as well as

parents, carers and other family members.

Drawing on her own ordeal following her husband's suicide, as well as the experiences of other survivors and the knowledge of professionals, the author offers guidance through the various stages of the process of grieving and reconciliation. Reprint.

Covers: children and grief; when and why to talk to children; what words to use; viewing the body; the funeral and afterwards; further reading and NSW contact numbers.

The suicide of a parent has life-long consequences; few more traumatic scenarios exist, and counselors often struggle for ways to help clients deal with its effects. Few understand the pain and life-altering effects of these tragedies better than children who have experienced the suicide of a parent. Despite this, there are few texts that incorporate and evaluate the first-person accounts of grief following a suicide while advancing a method for helping. *Losing a Parent to Suicide* analyzes stories of parent suicides and explores the grief and coping processes that follow, discovering the strategies, methods and modes of therapy that have empowered grieving individuals and helped them rebuild their lives.

Chart topping-and headline-making-rap artist Eminem shares his private reflections, drawings, handwritten lyrics, and photographs in his New York Times bestseller *The Way I Am*. Fiercely intelligent, relentlessly provocative, and prodigiously gifted, Eminem is known as much for his enigmatic persona as for being the fastest-selling rap artist and the first rapper to ever win an Oscar. Everyone wants to know what Eminem is really like-after the curtains go down. In *The Way I Am*, Eminem writes candidly, about how he sees the world. About family and friends; about hip-hop and rap battles and his searing rhymes; about the conflicts and challenges that have made him who he is today. Illustrated with more than 200 full-color and black-and-white photographs-including family snapshots and personal Polaroids, it is a visual self-portrait that spans the rapper's entire life and career, from his early childhood in Missouri to the basement home studio he records in today, from Detroit's famous Hip Hop Shop to sold-out arenas around the globe. Readers who have wondered at Em's intricate, eye-opening rhyme patterns can also see, first-hand, the way his mind works in dozens of reproductions of his original lyric sheets, written in pen, on hotel stationary, on whatever scrap of paper was at hand. These lyric sheets, published for the first time here, show uncut genius at work. Taking readers deep inside his creative process, Eminem reckons with the way that chaos and controversy have fueled his music and helped to give birth to some of his most famous songs (including "Stan," "Without Me," and "Lose Yourself"). Providing a personal tour of Eminem's creative process, *The Way I Am* has been hailed as "fascinating," "compelling," and "candid."

Discover effective strategies to help prevent youth suicide In *Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk*, trainer, speaker, and suicide loss survivor Anne Moss Rogers, and clinical social worker and researcher, Kimberly O'Brien, PhD, LICSW, empower middle and high school educators with the knowledge and skills to leverage their relationships with students to reduce this threat to life. The purpose of this book is not to turn teachers into therapists but given the pervasive public health problem of suicide in our youth, it's a critical conversation that all educators need to feel comfortable having. Educators will learn evidence-based concepts of suicide prevention, plus lesser known innovative strategies and small culture shifts for the classroom to facilitate connection and healthy coping strategies, the foundation of suicide prevention. Included is commentary from teachers, school psychologists, experts in youth suicidology, leaders from mental health nonprofits, program directors, and students. In addition, readers will find practical tips, and sample scripts, with innovative activities that can be incorporated into teaching curricula. You'll learn about: The teacher's role in suicide prevention, intervention, postvention, collaboration The different and often cryptic ways students indicate suicidality What to do/say when a student tells you they are thinking of suicide Small shifts that can create a suicide-prevention classroom/school environment How to address a class of grieving students and the empty desk syndrome Link to a download of resources, worksheets, activities, scripts, quizzes, and more Who is it for: Middle/high school teachers and educators, school counselors, nurses, psychologists, coaches, and administrators, as well as parents who wish to better understand the complex subject of youth suicide.

*Help and Hope for an Unexpected Journey* Do real Christians commit suicide? Yes, they do. And for those left behind, the journey following such a tragedy is unbearably painful. *Finding Your Way after the Suicide of Someone You Love* is a compassionate and practical guide that addresses the intensely personal issues of survivors of suicide (SOS). This gentle and faith-affirming resource helps survivors know what to expect, especially during the first year following a suicide. It includes personal stories of survivors and suggestions on how to move beyond survival to live life again. Designed for use by individuals, couples, and SOS groups, this book offers help for parents, siblings, friends, and extended families, as well as practical guidelines for pastors, Christian counselors, and other church leaders. Topics include:• What to do in the immediate aftermath of a suicide• Handling guilt and understanding the role of depression in suicides • Dealing with questions of faith and meaning • Creating a support system• Choosing a Christian therapist• Trusted resources and websites

If you have experienced the death of a loved one from suicide, this book is for you. With contributions of many people who have been through the experience and two Psychologists who have helped hundreds of people bereaved by suicide, this book takes the reader through the first few days, weeks, months and years.

here are over 38,000 suicide deaths each year in the United States alone, and the numbers in other countries suggest that suicide is a major public health problem around the world. A suicide leaves behind more victims than just the individual, as family, friends, co-workers, and the community can be impacted in many different and unique ways following a suicide. And yet there are very few professional resources that provide the necessary background, research, and tools to effectively work with the survivors of a suicide. This edited volume addresses the need for an up-to-date, professionally-oriented summary of the clinical and research literature on the impact of suicide bereavement on survivors. It is geared towards mental health professionals, grief counselors, clergy, and others who work with survivors in a professional capacity. Topics covered include the impact of suicide on survivors, interventions to provide bereavement care for survivors, examples of promising support programs for survivors, and developing a research, clinical, and programmatic agenda for survivors over the next 5 years and beyond.

Explores the complex emotional issues children face after a parent commits suicide and offers practical advice on how the remaining parent and other family members can help them cope.

Rafi the rabbit loves playing with his daddy, and especially with his favourite toy - a red racing car. 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. With love, guidance, therapeutic activities and the fun memories kept alive in his red racing car, he gradually begins to feel happy again. Illustrated with beautiful watercolour pictures, this book ends with an informed, straightforward guide for parents and professionals on how best to help a grieving child to heal.

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