



Survivors of Suicide Resources

Unfinished Conversation Website

www.unfinishedconversation.com

- Resources and links for survivors.
- Printable versions of the *Unfinished Conversation Survivor's Tool Kit* and other self-care handouts to support your grief and healing journey.
- Healing Forum: communicate with others on your journey to healing:
 1. Discussion Forum: Explore your own unfinished conversation with other survivors.
 2. Journey Buddy: Connect with a fellow survivor to read *Unfinished Conversation* together and share your journey through grief and healing. Journey Buddies are matched by similarities of loss, age, and/or zip code. See the *Journey Buddy Guidelines*.
 3. Grief and Healing Journey Groups: Join or form a local or on-line group to read *Unfinished Conversation* together and be supported with the interactive exercises. Groups are matched by similarities of loss, age, and/or zip code. See the *Journey Group Guidelines*.

American Association of Suicidology

www.suicidology.org

Resources to help understand and prevent suicide:

- Suicide Survivor support group directory by state
- Warning signs and risk factors for suicide
- Statistics and fact sheets
- Annotated list of books for Survivors on topics including suicide bereavement and prevention
- Resources for clinicians and for clinicians who have lost a patient or family member
- Resources for those who have attempted suicide and for their families

Survivors of Suicide (SOS)

www.survivorsofsuicide.com

Resources for those who have lost a loved one to suicide:

- Understanding suicide
- Beyond surviving

Marilynn Chöphel, M.A. Licensed Marriage & Family Therapist
85 Forest Lane · San Rafael, CA 94903 · (415) 492-1042
marilynn@dharma-spirit.com · www.dharma-spirit.com

- How to help survivors heal
- Suicide - FAQ
- National directory of SOS support groups
- SOS Poetry For The Heart
- SOS memorials with photos
- Resource links

Friends and Families of Suicide

Parents of Suicide

www.pos-ffos.com

Support group and memorial space for parents, friends, and families who have lost someone to suicide.

Heartbeat

www.heartbeatsurvivorsaftersuicide.org

Peer support offering empathy, encouragement, and direction following the suicide of a loved one.

The Dougy Center

The National Center for Grieving Children & Families

www.dougy.org

Support for children, teens, young adults, and their families grieving a death.

Compassionate Friends

www.compassionatefriends.org

Support for families after a child dies.

Suicide Prevention and Resources

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis, emotional distress, or for Survivors who need someone to talk with who understands your circumstances. Your call will be routed to the nearest crisis center to you.

Veterans please call **1-800-273-8255** and press 1 to be routed to the Veterans Suicide Prevention Hotline.

- What if someone I know needs help?
- Suicide warning signs
- Peer support organizations
- Veterans support services
- Crisis centers: locator by state

National Center for PTSD

United States Department of Veterans Affairs

Department of Defense

www.ptsd.va.gov

- Suicide prevention
- PTSD resources
- Veterans resources and services

DoD/VA Suicide Outreach

Department of Defense/Veterans Administration

www.suicideoutreach.org

- Outreach Center 24/7 and chat on-line 24/7
- Warning signs and self assessments
- Resources for Veterans

American Foundation for Suicide Prevention

www.afsp.org

SAVE: Suicide Awareness Voices of Education

www.save.org

Readings to Support Your Grief and Healing Journey

Brach, Tara. *Radical Acceptance: Embracing Your Life With the Heart of a Buddha*. New York: Bantam, 2004.

Chodron, Pema. *How to Meditate: A Practical Guide to Making Friends with Your Mind*. (CD audio set) Boulder: Sounds True, Inc., 2007.

Chodron, Pema. *When Things Fall Apart: Heart Advice for Difficult Times*. Boston: Shambhala Publications, 1997.

Cori, Jasmin Lee. *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life*. Cambridge, MA: Marlowe & Company, 2007.

Foster, Rick and Greg Hicks. *How We Choose to Be Happy: The 9 Choices of Extremely Happy people—Their Secrets, Their Stories*. New York: G.P. Putnam's Sons, 1999.

Hanh, Thich Nhat. *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*. Boston: Beacon Press, 1987.

Heckler, Richard A. *Waking Up Alive: The Descent, the Suicide Attempt, and the Return to Life*. New York: Ballantine Books, 1994.

Joiner, Thomas. *Myths About Suicide*. Cambridge: Harvard University Press, 2010.

Joiner, Thomas. *Why People Die by Suicide*. Cambridge: Harvard University Press, 2005.

Kabat-Zinn, Jon. *Wherever You Go, There You Are*. New York: Hyperion Books, 1994.

Kornfield, Jack. *The Art of Forgiveness, Lovingkindness, and Peace*. New York: Bantam, 2002.

Levine, Peter. *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*. Book and CD set. Boulder: Sounds True, Inc., 2005.

Levine, Peter. *Waking the Tiger: Healing Trauma - The Innate Capacity to Transform Overwhelming Experiences*. Berkeley: North Atlantic Books, 1997.

Lukas, Christopher, and Henry M. Seiden. *Silent Grief: Living in the Wake of Suicide*. Philadelphia: Jessica Kingsley Publishers, 2007.

Rando, Therese A. *How To Go On Living When Someone You Love Dies*. Lexington, MA: Lexington Books, 1988.

Schwiebert, Pat and Chuck DeKlyen. *Tear Soup: A Recipe for Healing after Loss*. Portland, OR: Grief Watch, 2006.

Smolin, Ann, and John Guinan. *Healing After the Suicide of a Loved One*. New York: Simon & Shuster, Inc., 1993.

Sogyal Rinpoche. *The Tibetan Book of Living and Dying*. San Francisco: Harper Collins, 1994.

Stillwater, Michael and Gary Remal Malkin. *Graceful Passages: A Companion for Living and Dying*. (Book and 2-CD Set) Novato, CA: New World Library, 2003.

Tatelbaum, Judy. *The Courage to Grieve: The Classic Guide to Creative Living, Recovery, and Growth through Grief*. New York: Lippincott & Crowell, Publishers, Inc., 1980.

Thomas, Claude Anshin. *At Hell's Gate: A Soldier's Journey from War to Peace*. Boston: Shambhala Publications, 2006.

Williams, Mary Beth, and Soili Poijula. *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*. Oakland, CA: New Harbinger Publications, 2002.

Please visit the American Association of Suicidology website www.suicidology.org for an excellent annotated bibliography to support your suicide bereavement.

For additional books and inspirational readings for Unfinished Conversation readers, visit the Unfinished Conversation website www.unfinishedconversation.com.

Books for Health Professionals

If you are a therapist, crisis counselor, or health professional who works with Survivors in the aftermath of suicide, you may find the following books helpful:

Herman, Judith. *Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror*. New York: BasicBooks, 1997.

Johnson, Susan. *Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds*. New York: Guilford Publications, Inc., 2002.

Parnell, Laurel. *Transforming Trauma : EMDR - the Revolutionary New Therapy for Freeing the Mind, Clearing the Body, and Opening the Heart*. New York: W. W. Norton & Company, 1997.

Phillips, Maggie. *Finding the Energy to Heal: How EMDR, Hypnosis, TFT, Imagery, and Body-Focused Therapy Can Help Resolve Health Problems*. New York: W. W. Norton & Company, 2000.

Minton, Kekuni, Pat Ogden, and Clare Pain. *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*. New York: W. W. Norton & Company, 2006.

Schupp, Linda. *Assessing and Treating Trauma and PTSD*. Eau Claire, WI: Pesi Healthcare, LLC,

Siegel, Daniel J. and Marion Solomon. *Healing Trauma: Attachment, Mind, Body and Brain*. New York: W. W. Norton & Company, 2003.