Book and Film Resources
Books

Resource & Self-Help

*After Suicide Loss: Coping with Your Grief*
Bob Baugher, Ph.D., and Jack Jordan, Ph.D.
Caring People Press, 2002

Direct, compassionate, and practical, *After Suicide Loss* provides the vital information that both laymen and professionals need in the immediate aftermath of a suicide and through the first two years and beyond. Includes strategies for coping and healing.

*My Son... My Son... A Guide to Healing after Death, Loss, or Suicide*
Iris Bolton, with Curtis Mitchell
Bolton Press Atlanta, 1983

Author Iris Bolton recounts the loss of her twenty-year-old son to suicide and provides advice for others who have experienced a similarly devastating loss. She explores the stigma of suicide loss, feelings of having failed as a parent, and ways to heal.

*After a Suicide Death: An Activity Book for Grieving Kids*
The Dougy Center for Grieving Children & Families
The Dougy Center, 2001

This activity book was designed specifically for children coping with a suicide loss. It provides creative exercises, offers practical advice, and incorporates quotations from children ranging in age from four to fourteen.

*No Time to Say Goodbye: Surviving the Suicide of a Loved One*
Carla Fine
Broadway Books, 1999

Drawing on the experience of losing her husband to suicide and subsequent interviews with scores of suicide loss survivors, as well as the expertise of counselors and mental health professionals, Carla Fine provides invaluable guidance to the families and friends who are left behind in the aftermath of a suicide.
Real Men Do Cry: A Quarterback’s Inspiring Story of Tackling Depression and Surviving Suicide Loss
Eric Hipple, with Dr. Gloria Horsley and Dr. Heidi Horsley
Quality of Life Publishing, 2008

Former NFL quarterback for the Detroit Lions, Eric Hipple, candidly shares his experience of living through his fifteen-year-old son’s suicide, his own lifelong struggle with depression, and the difficult path that led him to ultimately seek treatment.

Night Falls Fast: Understanding Suicide
Kay Redfield Jamison, Ph.D.
Vintage, 2000

Kay Redfield Jamison’s in-depth psychological and scientific exploration of suicide traces the network of reasons underlying suicide, including the factors that interact to cause suicide, and outlines the evolving treatments available through modern medicine.

Why People Die by Suicide
Thomas Joiner, Ph.D.
Harvard University Press, 2005

Drawing on extensive clinical and epidemiological evidence, as well as personal experience, the author, who lost his father to suicide, identifies three factors that mark those most at risk of considering, attempting, or dying by suicide.

Silent Grief: Living in the Wake of Suicide
Christopher Lukas and Henry M. Seiden, Ph.D.
Jessica Kingsley Publishers, 2007 (revised ed.)

As they explore common experiences of bereavement, grief reactions, and various ways of coping, the authors emphasize the importance of sharing one’s experience of “survival” with others. They encourage loss survivors to overcome the stigma or shame associated with suicide and to seek outside support.

Why Suicide? Questions and Answers about Suicide, Suicide Prevention, and Coping with the Suicide of Someone You Know
Eric Marcus
HarperOne, 2010 (revised ed.)

Eric Marcus, who lost both his father and sister-in-law to suicide, addresses the myriad questions with which loss survivors are inevitably left in the wake of a loved one’s suicide. The Q&A format is accessible, informative, and reassuring.
Novels & Memoirs

Fun Home: A Family Tragicomic
Alison Bechdel
Mariner Books, 2006

Alison Bechdel’s award-winning graphic memoir details the life and death by suicide of her emotionally distant and closeted father, with whom she had a fraught relationship. Publisher’s Weekly called it “a story that’s quiet, dignified and not easy to put down.”

All the Wrong Places: A Life Lost and Found
Philip Connors
W. W. Norton, 2015

All the Wrong Places is a memoir that details the author’s complex relationship with his brother and his struggle to cope with his brother’s death by suicide.

I See You Everywhere
Julia Glass
Anchor, 2009

National Book Award–winning novelist Julia Glass gracefully chronicles the complex relationship between two sisters, one steady and one restless. After one sister takes her life, the other is left to mourn the loss and find a way to go on. A spot-on portrayal of suicide loss from an author who is herself a suicide loss survivor.

Films

The Journey: A Story of Healing and Hope
American Foundation for Suicide Prevention, 2014
Running time: 27 minutes

AFSP’s compelling documentary tells the stories of a diverse group of suicide loss survivors who are weathering the loss of a loved one and finding their way back to a life rich in meaning—and even joy. The DVD includes a discussion guide.
**Understanding Suicide, Supporting Children**  
The Dougy Center for Grieving Children & Families, 2011  
Running time: 24 minutes

This heartfelt film provides insight into the emotions and experiences that children, teens, and families affected by a suicide death often experience, and offers ways to both cope and help. The DVD and guide are a resource for training purposes or for general viewing by parents, therapists, counselors, and other adults.

**Boy Interrupted**  
Perry Films/HBO Documentary Films, 2009  
Running time: 92 minutes

Academy Award–winning filmmaker Dana Perry explores the suicide of her fifteen-year-old son in a compelling documentary about mental illness, the family’s history of suicide, and the ultimately futile struggle to keep her son from taking his life.

**Here One Day**  
Two Suns Media, 2012  
Running time: 76 minutes

Kathy Leichter searches for answers in this deeply moving film about her mother’s suicide and Leichter’s coming to terms with who her mother was, her mental illness, and the impact of her suicide on her extended family.