

# PATHWAYS CENTER *for* GRIEF & LOSS

## SUICIDE RESOURCE OPTIONS

### **BOOKS**

Bolton, Iris; My Son, My Son. Roswell, GA: Bolton Press Atlanta, 1983.

Cobain, Beverly; Dying to Be Free, A Healing Guide for Families After a Suicide. Center City, MN: Hazelden, 2006.

Dougy Center. After A Suicide, A Workbook For Grieving Kids. Portland, OR: The Dougy Center, 2003.

Fine, Carla; No Time to Say Goodbye, Surviving the Suicide of a Loved One. New York: Broadway Books, 1997.

Glover, Beryl. The Empty Chaire, The Journey of Grief After Suicide. Oklahoma City, OK: Insight Books, Inc, 2000.

Greenleaf Catherine. Healing the Hurt Spirit, Daily Affirmations for People Who Have Lost a Loved One to Suicide. Andover, NH: Dymphna Press, 2006.

Jordan, John & McIntosh, John. Grief After Suicide, Understanding the Consequences and Caring for the Survivors. London, U.K.: Routledge, 2010.

Kolf, Joan Cerza. Standing in the Shadow, Help and Encouragement for Suicide Survivors. Grand Rapids, MI: Baker Books, 2002.

Lester, David, Ed. Katie's Diary: Unlocking The Mystery Of A Suicide. New York, NY: Brunner-Routledge, 2004.

Matsakis, Aphrodite. Survivor Guilt: A Self Help Guide. Oakland, CA: New Harbinger Publications, 1999.

Shneidman, Edwin The Suicidal Mind. New York, NY: Oxford University Press, 1996.

Smolin, Ann & Guinan, John. Healing After The Suicide Of A Loved One. New York, NY: Simon & Schuster, 1993.

Wertheimer, Alison. A Special Scar: the Experiences of People's Bereaved by Suicide. 2<sup>nd</sup> Edition. Philadelphia, PA: Taylor & Francis Inc, 2003.

Wroblewski, Adina. Suicide: Why? 85 Questions and Answers About Suicide. Minneapolis, MN: Afterwords Publishing, 1995.

Many of these resources can be borrowed from the Pathways Center for Grief & Loss' Resource Library, Monday-Friday, 8 a.m. – 5 p.m.

## VIDEOS

afsp.org/international-survivors-of-suicide-loss-day-documentaries

Journey Through the Shadows. Paraclete Video Productions, P.O. Box 1568, Orleans, MA 02653.

## WEBSITES

Alliance of Hope for Suicide Survivors: [www.allianceofhope.org](http://www.allianceofhope.org)

American Association of Suicidology: [www.suicidology.org](http://www.suicidology.org)

American Foundation for Suicide Prevention: [www.afsp.org](http://www.afsp.org)

Lancaster Suicide Prevention Coalition: [www.stopsuicidelancaster.org](http://www.stopsuicidelancaster.org)

Online Grief Healing Discussion Groups: [www.hovforum.ipdhost.com](http://www.hovforum.ipdhost.com)

Parents of Suicide, Friends and Families of Suicide: [www.pos-ffos.com](http://www.pos-ffos.com)

Survivors of Suicide: [www.survivorsofsuicide.com](http://www.survivorsofsuicide.com) or [www.forsuicidesurvivors.com](http://www.forsuicidesurvivors.com)

## SUPPORT GROUP/ EVENT INFORMATION

Pathways Center for Grief & Loss, Hospice & Community Care, periodically offers a six week support group series for Coping with Suicide Loss at the Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy, PA. Visit [www.pathwaysthroughgrief.org](http://www.pathwaysthroughgrief.org) or call 717-391-2413 for group dates.

Survivors of Suicide Support Group meets the first and third Thursdays of each month from 7:30 - 9:00 p.m. at St. Peter's Lutheran Church, Route 501 N and Delp Road, **Lancaster**, PA. Contact Kevin Eberle 394-3541.

Survivors of Suicide Support Group meets the second Tuesday of the month from 7-8PM at SafeZone, 107 Locust St, **Harrisburg**, PA. Contact Jesse Gantt 903-9766.

Survivors of Suicide Support Group meets the second Tuesday of the month at 7PM at Greater Reading Mental Health Alliance, 1234 Penn Ave, **Wyomissing**, PA. Contact Gary Hawkins 610-775-3000.

Survivors of Suicide Support Group meets third Thursday of the month from 6:30-8PM at Southern Community Services, 44 S. Main St, **Shrewsbury**, PA. Contact Cindy Richard 227-0048.

5K Walk/Run for DES- held yearly in the Lancaster area to remember those lost to suicide and raise awareness and funds for suicide prevention. [www.walkfordes.org](http://www.walkfordes.org)



Prepared by Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy, PA 17552

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