

PATHWAYS CENTER for GRIEF & LOSS

SUICIDE RESOURCE OPTIONS

BOOKS

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

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.

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

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.

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

Wrobleski, Adina. Suicide Survivors: A Guide for Those Left Behind. Minneapolis, MN: SAVE, 2002

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

American Association of Suicidology: www.suicidology.org

American Foundation for Suicide Prevention: www.afsp.org

Lancaster Suicide Prevention Coalition: www.stopsuicidelancaster.org

Our Side of Suicide: www.oursideofsuicide.com

Parents of Suicide, Friends and Families of Suicide: www.pos-ffos.com

Survivors of Suicide: www.survivorsofsuicide.com

SUPPORT GROUP/ EVENT INFORMATION

Pathways Center for Grief & Loss, Hospice & Community Care, periodically offers support groups and events for coping with suicide loss at the Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy, PA. Visit www.pathwaysthroughgrief.org or call 717-391-2413 for group dates.

Families of Suicide Loss Support Group meets the 1st and 3rd Monday of each month, 7:00-8:30PM, Mental Health America, 245 Butler Ave, Suite 204, **Lancaster**, PA. Contact Kay at 717-397-7261.

Survivors of Suicide Support Group meets the 1st and 3rd Tuesday of the month from 6:00-7:00 PM at Clear Water Wellness, 4 Park Plaza, **Wyomissing**, PA. www.grmha.org/groups.

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 717-227-0048, suicidepreventionofyork@gmail.com.

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

