

AFTER-CARE KIT FOR SUICIDE LOSS SURVIVORS

"There are three needs of the griever: To find the words for the loss, to say the words aloud and to know that the words have been heard." ~ Victoria Alexander

The Marin County Sherrif's Office-Coroner Division

With Support From:

The Marin County Department of Public Health

Marin County Behavioral Health and Recovery Services

The Marin County Suicide Prevention Collaborative

Email: HHSSuicidePrevention@MarinCounty.gov





CORONER DIVISION

Jaime Scardina, Sheriff-Coroner

Marin County Sheriff's Office

1600 Los Gatos Drive Suite #205, San Rafael, CA 94903

Phone: 415-473-6043; Fax: 415-473-6048

IN PARTNERSHIP WITH OUR COMMUNITIES

Dear Survivor,

The Coroner's Office Division staff extends its condolences to you and your family for the loss of your loved one. While we certainly do not want to intrude on your grief at this time, we do want to share with you some information and resources that you might find useful now or at some time in the future. Distribution of these materials was made possible by the [Marin County Suicide Prevention Collaborative](https://prevention.marinbhrs.org) (<https://prevention.marinbhrs.org>).

The death of a loved one to suicide is a unique experience for each family. The enclosed material on what others have felt and how they have coped may be helpful. You may also have some questions about the cause and manner of your loved one's death. Please know that you can call or sit with our staff to answer any questions you or your family might have. We have learned that family members experience a range of feelings from shock, anger, numbness, and more as they try to cope with their loss. These feelings are part of a normal grief response to a painful and confusing situation. It is almost always helpful to talk with someone about the intense grief issues that follow an unexpected death.

If at any time you feel that you might hurt yourself or someone else, it is important that you talk with a professional, who can assist you in getting help. You may also contact the 988 Suicide & Crisis Lifeline (call, text, chat). We have included the phone numbers of our local Marin and Bay Area services as a place for you to start to find assistance. You might also want to talk with another family who has survived a loss like yours.

In the weeks and months ahead, please do not hesitate to utilize the enclosed resources. We want to help you in any way we can because we know how difficult things are for you at this time.

Sincerely,

Roger Fielding

Chief Deputy, Coroner Division

Marin County Sheriff's Office



Dear Survivor,

The process of grief and the journey of recovery is unique for everyone. You are not alone. Throughout your journey, you may meet other loss survivors in our community who may have had someone close to them who has died by suicide or are trained in grief support after trauma.

The following pages contain some self-care suggestions, a practical checklist of steps to follow in the aftermath, and a collection of informational materials that will guide you to local resources that others have found helpful. Use what feels helpful, disregard anything that does not. If you have school age children, please reach out to your local school counselor who can help be a liaison to school resources and support.

We hope the resources shared here help ease the burden and connect you to people and supports that can help. Please know we honor each person's own experience as unique. As survivors of suicide, the trauma, grief and loss can be shared in our community.

In deep sympathy,

A Loss Survivor from Marin County

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Section 1: Experiencing Grief and Loss Due to Suicide

The grief of loss survivors of suicide experience is very different from other types of loss. Although all suicide loss experiences are different, we may share some experiences as well.

ABOUT SUICIDAL GRIEF

The loss of a loved one by suicide is often shocking, painful and unexpected. The grief that ensues can be intense, complex, and long term. Grief work is an extremely individual and unique process; each person will experience it in their own way and at their own pace.

Grief does not follow a linear path. Grief doesn't always move in a forward direction. There is no time frame for grief. Survivors should not expect that their lives will return to their prior state. Survivors aim to adjust to life without their loved one.

COMMON EMOTIONS EXPERIENCED IN GRIEF ARE:

Shock	Confusion	Sadness	Pain	Helplessness
Guilt	Depression	Loneliness	Shame	Rejection
Despair	Denial	Denial	Hopelessness	Disbelief
Stress	Anger	Self-blame	Numbness	Anxiety
				Abandonment

Source: American Association of Suicidology – Resources for loss survivors #AASS365

You may experience some of the thoughts and feelings illustrated above, which are normal reactions to a suicide. The expression of them is a natural part of grieving. At times you may feel overwhelmed by these emotions. Some people have described this experience like riding a wave. It is important to give yourself the time and the space to move through the currents and take things one day at a time.

Survivors often struggle with the reasons why the suicide occurred and whether they should have done something to prevent the suicide or help their loved one. Feelings of guilt typically ensue if the survivor believes their loved one's suicide could have been prevented.

At times, especially if the loved one had a longstanding mental or psychiatric disorder, the survivor may experience relief.

Section 2: Suggestions for Self-Care Immediately After the Loss

Give yourself permission to function as you need to during this time. Remember you are not bound to others' expectations.

- You may not be able to or want to talk to people. You can choose a point person to speak for the family to inform neighbors, family, or friends about the loss.
- Visits can be comforting and draining at the same time. When people want to help you can let them drop off food, flowers, cards, or supplies without a visit. It's ok to say "no" to visitors.
- The waves of grief can take you suddenly and you want to be in a safe place to experience those feelings. You may not be able to adhere to your regular tasks or routines.
 - If you must do errands outside the home, you could choose a friend or family member to accompany you and plan to be able to return quickly.
 - Some people choose to use home delivery services for groceries and supplies.
- The grieving timeline is not a straight line and is not the same for everyone. If the loss occurs around a holiday, you are NOT required to attend festivities. Choose what feels right for you. Life is not the same as it was, and you are not bound to traditions.
- Walk in nature and let your eyes rest on something beautiful. Breathe in and out.

Section 3: Work

Taking time away from obligations such as work or school can provide time for reflection, beginning the healing process, and dealing with required tasks.

You may have a friend or family member speak on your behalf, but let work know there's been a death in the family. Share as much or as little as you want.

Some employers offer bereavement leave for several days.

You may wish to check with your employer's Human Resources department to see if this is an option for you.

Section 4: Home

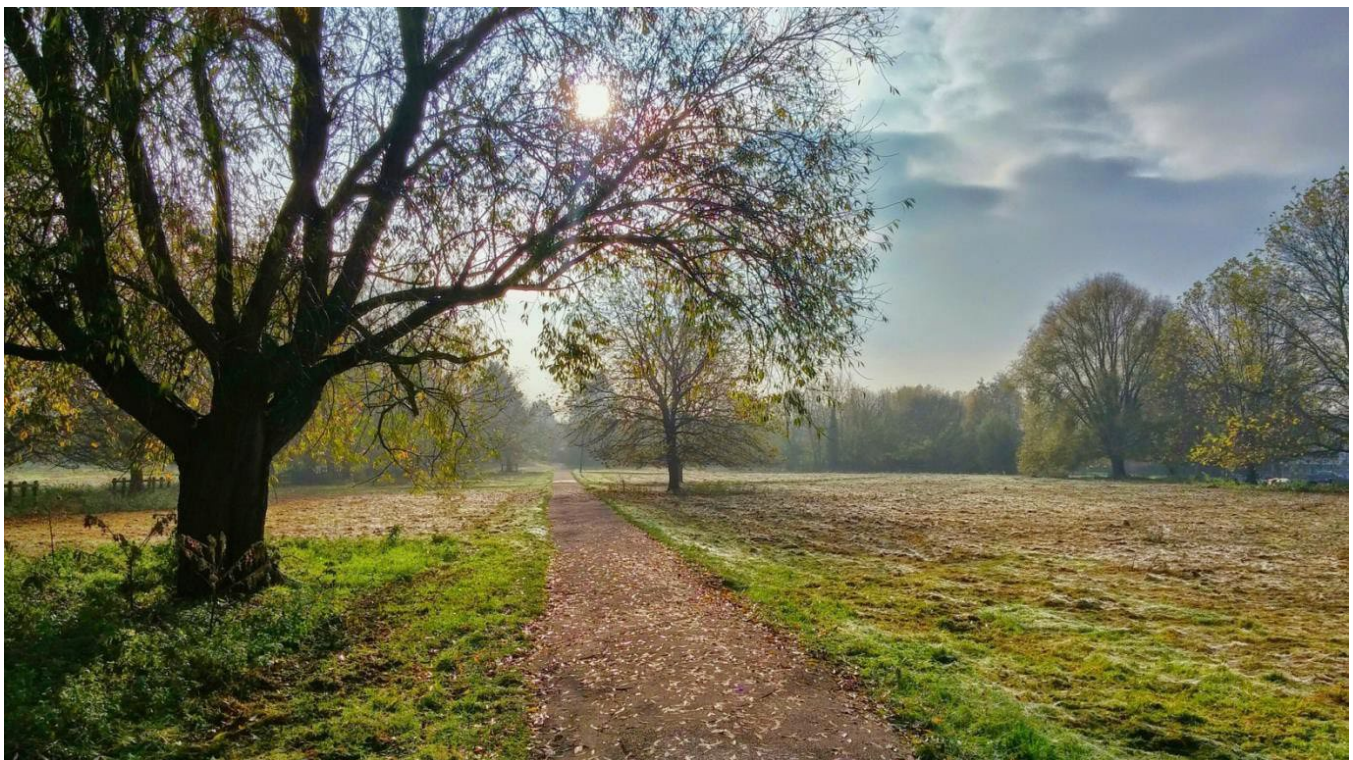
If home restoration is needed, this service may be covered by your homeowner's insurance.

Clean-up should not be done by friends or family. This work requires professional services that can respond quickly and specialize in working with families who have experienced a suicide loss in the home.

The following is a restoration resource.

Restoration Local: 1 (888) 790 – 7879. Works with local companies to provide services.

<https://www.restorationlocal.com/biohazard-cleanup/suicide-scene/#elementor-toc-3>



Section 4: Having Conversations

Deciding what to tell people about your loss/your loved one can be a daunting task. It is best to prepare yourself for the inevitable questions rather than respond in the moment. There is a good resource on the Alliance of Hope website to review some language that may help.

How to talk about the suicide of your loved one
by Ronnie Walker MS, LCPC

"I'm afraid to talk about how she died. I'm afraid of what people will think."

"I can't talk about it without crying."

"It's just too painful. I can't go there."

<https://allianceofhope.org/find-support/for-new-survivors/how-to-talk/>

[The American Foundation for Suicide Prevention \(AFSP\)](#) has resources on navigating difficult conversations. AFSP notes that some people may be hesitant to let people know the way their loved one died, but most survivors felt in the long run it was better, to be honest as this gives people the opportunity to support you in a more relevant way.

What do I tell my children?

When explaining the suicide to a child or adolescent, it is important to provide truthful, age-appropriate information, encourage questions, and offer loving reassurance.

- Reassure children that they are not responsible and that nothing they said or did was the cause anyone else to take their life.
- Be prepared to talk about the suicide multiple times during the first days and weeks, and later throughout the child's life. Repeating questions and requesting answers multiple times is one way that children process difficult situations and create coping.
- Consider a children's bereavement support group for your child if they are having difficulty adjusting such as the Dougy National Center for Grieving Children and Families (dougynationalcenter.org) or By the Bay Camp (<https://bythebayhealth.org/by-the-bay-camp/>)

For more information about how to talk to children and adolescents, see [Children, Teens, and Suicide Loss](#).

<https://afsp.org/talking-to-others-about-what-happened#what-do-i-tell-people-about-what-happened->

Funeral or Memorial Arrangements

- Contact a funeral home or cremation service (see list below). If funeral arrangements have already been made, you will need to review and confirm these plans or begin making funeral/memorial arrangements.
- Write an obituary or newspaper notice. Funeral directors are often available to assist with this.
- Choose the type and venue for service, who will officiate, and how to invite guests.
- You may wish to include an announcement of the service in the obituary.
- If memorial contributions are requested, choose a non-profit charity to which gifts may be made.
- Some people choose to do a memorial service later which is fine. Please decide what works best for you and your family.
- For Veterans or Military families, contact the Veteran's Administration (800) 827-1000.
 - The VA may offer benefits for funeral or burial costs.
 - Stop any payments that the VA may be paying the deceased.
- Make a list of persons who need to be notified of the death and funeral/memorial service and make arrangements to have someone remain in the home during the funeral or memorial service.
- A willing friend or another support person may be able to help arrange for hospitality and transportation for any friends and relatives who will be coming for services.

Funeral Homes, Mortuaries and Cemeteries – Marin County

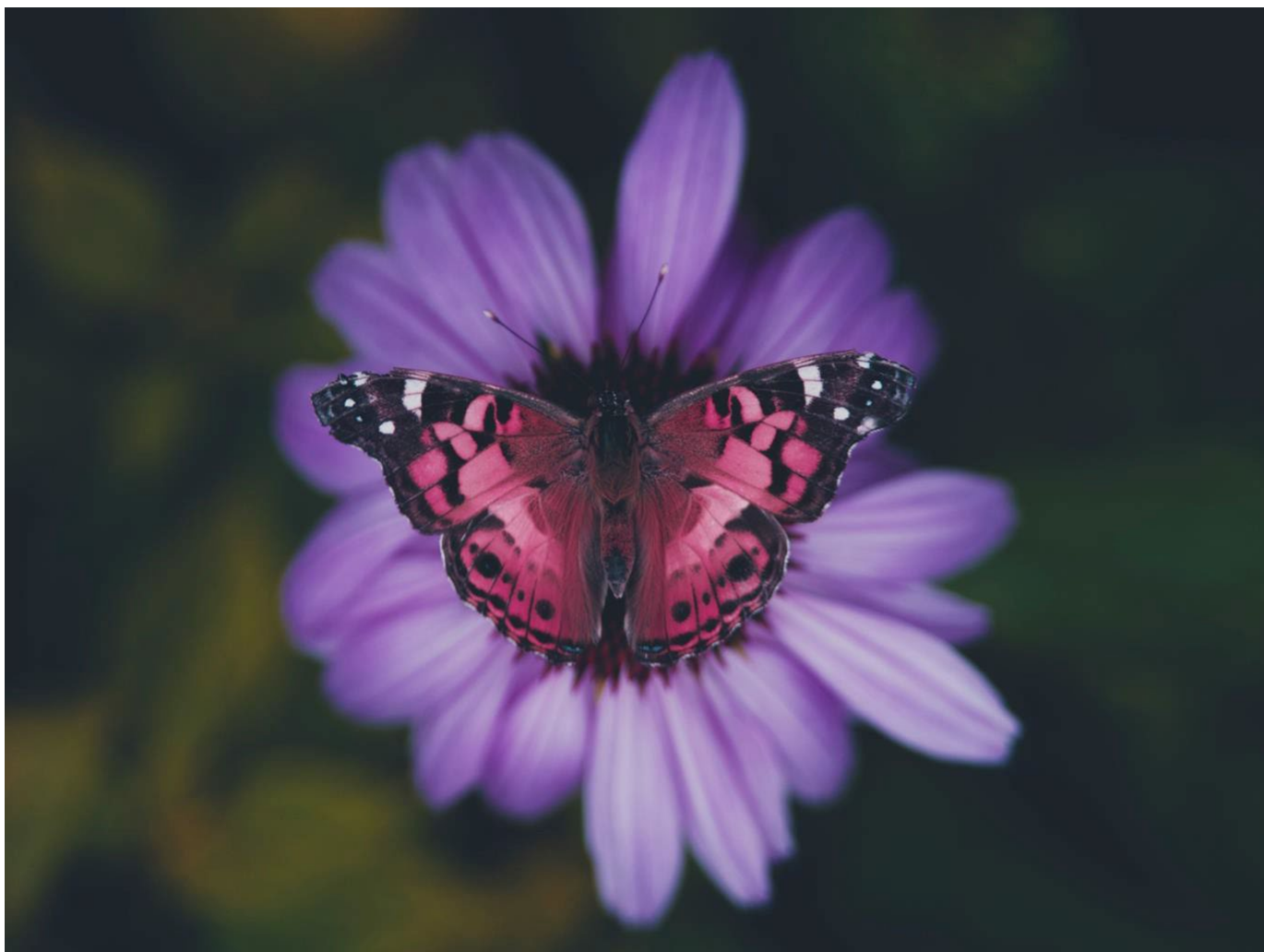
The following list of resources is not a recommendation of any company or service, but simply a list of local providers.

NOVATO. Valley Memorial Park. (415) 897-9609 <https://www.valleymemorialpark.com/>

SAN ANSELMO. Monte's Chapel of the Hills. (415) 453-8440

<https://www.monteschapelofthehills.com/>

MILL VALLEY. Fernwood. (415) 843-2803 <https://www.fernwood.com/>



- Bereavement leave for survivors. There is currently no Federal mandate for time off from employers, however, some employers do grant paid bereavement leave.
- Contact employer of deceased, if any. There may be resources available for survivors, including compensation due, dependents eligible for benefits, and/or if there is a life insurance policy through the company.
- Arrange to get several copies (8-10) of the Certified Death Certificate through your funeral director or County Department of Health. These certificates are required for handling many aspects of the deceased person's estate and other affairs.
- Contact the attorney, accountant, and Executor of the estate.
- Contact Social Security Administration at (800) 772-1213. They will receive notification from the funeral/cremation service regarding the death, but you can find out if survivors are entitled to any further benefits.
- Contact any life insurance companies and file a claim.
- Notify credit card companies and banking institutions. A copy of the death certificate is typically required to cancel or access any accounts, as is notification via fax, mail or electronic mail (not telephone).
- Check for relevant documentation. May include: life and casualty insurance, death benefits, including social security, credit union, trade union, fraternal orders and military. Check also on income for survivors from these sources.
- Notify insurance companies, including automobile insurance, for immediate cancellations and available refunds.
- Check on debts and installment payments. If payments are going to be delayed, consult with creditors.
- If deceased lived alone, notify utilities and landlord and contact post office as to where to send mail.

Section 6: Social Media Accounts

You may wish to delete or memorialize the social media accounts of your loved one.

You can delete social media accounts. Some survivors, however, choose to turn them into a memorial for their loved one instead. Whether you choose to delete or memorialize, you'll typically need to contact the companies with copies of the death certificate to gain control of accounts.

Facebook, Twitter, and Instagram all allow a deceased person's profile to remain online, marked as a memorial account.

See: <https://www.facebook.com/help/1111566045566400/request-to-memorialize-or-remove-an-account> or <https://help.instagram.com/264154560391256/>

On Facebook, a memorialized profile stays up with the word "Remembering" in front of the deceased's name. Friends will be able to post on the timeline.

Note that at the time of this writing (July 2026), TikTok does not offer a memorial option for a deceased user's account.



Section 7: Beyond Surviving: Suggestions for Survivors¹

- Know you can survive; you may not think so, but you can.
- Know you may feel overwhelmed by the intensity of your feelings but that all your feelings are normal.
- Anger, guilt, confusion, and forgetfulness are common responses. You are not crazy; you are in mourning.
- Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. It's O.K. to express it.
- You may feel guilty for what you think you did or did not do. Guilt can turn into regret, through forgiveness.
- Having suicidal thoughts is common. It does not mean that you will act on those thoughts.
- Find a good listener with whom to share.
- Remember, the choice was not yours. No one is the sole influence on another's life.
- Give yourself permission to get professional help.
- Set your own limits and learn to say no.
- It is common to experience physical reactions to your grief, such as headaches, loss of appetite, or inability to sleep.
- The willingness to laugh with others and at yourself is healing.
- Know that you will never be the same again, but you can survive and even go beyond just surviving.

¹ Reprinted with Permission by Iris M. Bolton

Important Contact Information: Lifelines and Marin County Crisis Response

988 Suicide Crisis & Lifeline (call, text, chat)	3-digit lifeline for suicidal, mental health or substance use distress
Marin Suicide Prevention Hotline (Buckelew Programs)	415-499-1100
Crisis Text Line	Text HOME to 741741
Marin County Mobile Crisis Response Team	415-473-6392 (Monday – Friday 8:00 AM to 9:00 PM, Saturday 1:00 PM to 9:00 PM)
Marin Crisis Stabilization Unit	415-473-6666
San Francisco Friendship Line (for 60+ adults)	800-971-0016
Trevor Project	866-488-7386 (LGBTQ+)

Ways To Connect with Other Loss Survivors Support Groups or Counseling Services

LOCAL: Marin County - Peer Support Survivors of Suicide Loss Groups & Services

- **Buckelew Programs for Marin & Sonoma County. [SOS Allies for Hope](#):** Meets 2nd and 4th Wednesday of every month, 7-8:30 pm. For Zoom information, SOSinfo@Buckelew.org or call (415) 328 – 3382.
- **Buckelew Programs. SPANISH SOS Group:** For information email SOSinfo@Buckelew.org or marioc@buckelew.org or call (415) 858-5827.
- **Marin County BHRS After a Suicide Loss support:**
<https://prevention.marinbhhs.org/after-suicide-local-support-services>
- **Counseling services Marin County Behavioral Health and Recovery Services–** Contact: <https://prevention.marinbhhs.org/after-suicide-local-support-services>
- **The Marin County Suicide Prevention Collaborative:** Open to all, join us:
<https://prevention.marinbhhs.org/suicide-prevention>
- **Marin County BHRS Resources and Support:** Peer Support Services for Marin County residents. <https://prevention.marinbhhs.org/resources-support>

San Francisco Greater Bay Area - Peer Support Survivors of Suicide Loss Groups & Services

- **San Francisco City and County – Grief Support Group after a suicide loss.** Call (415) 984-1900 or email: sfsuicide@felton.org. <https://www.sfsuicide.org/grief-support/>
- **Napa County –** Survivors of Suicide Loss Support group. Call (707) 258-9080
Or Visit <https://communityhealthnapavalley.org/grief-support>
- **Sutter Health Hospice of the Valley Suicide Loss Support Group** – Call: (408) 559-5614 Email: info@hospicevalley.org This free weekly suicide support group is offered in repeating 6-week sessions, facilitated by a licensed MFT.

Support Groups for Bereavement and Grief Counseling

- **Compassionate Friends of Marin** (415) 457-3123. <http://www.tcfmarin.org/home.aspx>
- By the Bay Grief Support (formerly Hospice by the Bay) (415) 526-5699. <https://bythebayhealth.org/grief-support/>
- **Helping Parents Heal (HPH) Marin Chapter** (415) 328–1980. Peer Support Non-profit dedicated to helping bereaved parents. HPH allows the open discussion of spirituality and the afterlife. <https://www.helpingparentsheal.org/>
- **Josie's Place**, Grief support for children open-ended support groups meet on the first and third Wednesdays and 2nd and 4th Thursdays of the month from 6:30 - 8:15 PM in the Sunset District in San Francisco. Visit: <https://josiesplace.org/>
- **Pathways Bereavement**—Group and Individual resources available (408) 773-4329. <https://pathwayshealth.org/grief-support/>
- **Los Angeles County—Didi Hirsch Center crisis counseling and support groups** available to anyone in the state of California <https://crisiscare.org/>

National Resources for Survivors of Suicide Loss:

- **Uniting for Suicide Postvention** (USPV) <https://www.mirecc.va.gov/visn19/postvention/>
- **Assistance Program for Survivors** (TAPS) <https://www.taps.org/>
- **American Foundation for Suicide Prevention** (AFSP) <https://afsp.org/find-support/ive-lost-someone/>
- **American Association of Suicidology** (AAS) <https://suicidology.org/resources/suicide-loss-survivors/>
- **Suicide Prevention Resource Center** (SPRC) <https://www.sprc.org/>
- **Samaritans (virtual support)**— <https://samaritanshope.org/our-services/grief-support>
- **Alliance of Hope** - Consultations/Counseling: Visit: <https://allianceofhope.org/find-support/consultations/>

- **Friends for Survival** – Resources and Support Groups Sacramento.
<https://friendsforsurvival.org/>
- **Coping After Suicide** – Resources, Support Groups and Education. New York.
<https://www.copingaftersuicide.com/>
- **Sibling Survivors of Suicide Loss** - <https://www.survivorsofsiblingsuicide.org/>

Marin and San Francisco County Counseling Services Individual and Group

Suzanne Alfandari, MS, LMFT
S.AlfandariLMFT@gmail.com

Andrea Bass, , MA, MFT, ATR-BC
Marriage & Family Therapist 415-877-1964

Virginia Blue, MA, LMFT
Marriage & Family Therapist
415-202-5546

Maya Gueco Bernecker, PhD
Psychologist
415-354-4241

Clementine Brown, MA, MEd, APCC
Associate Professional Clinical Counselor
510-880-3609

Tina Chase, MS, LMFT
Marriage & Family Therapist
415-683-7992

Sandra Hirschfield, LMFT
shirschfield@lmft-therapy.com
415-599-6761

Reed Letsigner, MA, LMFT
Marriage & Family Therapist
650-332-4117

Oona Patchen, LMFT #90973
415-320-3332
Specialize in grief and loss, in particular suicide loss with adults.
Currently providing Telehealth services only.

North Bay Grief Recovery
415-250-3027
<https://www.northbaygriefrecovery.com>

Buddhist Therapy Center
415-849-4108

Bay Area CBT Center
<https://bayareacbtcenter.com/grief-therapy/>

Bay Area Therapy for Wellness
<https://www.bayareatherapyforwellness.com/grief-support-therapy>

UCSF Bereavement Resources and Services
<https://www.ucsfhealth.org/education/bereavement-resources-and-services>

San Francisco Bay Area Bereavement Services

There are many local resources for children and adults seeking bereavement services. By the Bay Health is UCSF's preferred hospice.

San Francisco Bereavement Services

San Francisco Suicide Prevention 24-Hour Crisis Line, (415) 781-0500

Bay Area Jewish Healing Center, (415) 750-4197

Offers bereavement spiritual support groups, individual counseling, healing prayer and bereavement camp for children and families.

The Compassionate Friends, (877) 969-0010

Offers peer-led grief support after the death of a child.

Helping Parents Heal (HPH) Marin (415) 328 – 1980

Peer support non-profit with local and international chapters dedicated to assisting bereaved parents. HPH allows the open discussion of spiritual experiences and the afterlife.

By the Bay Health, (415) 526-5699

Offers individual counseling and support groups for adults and children on a sliding fee scale. By the Bay Health has been affiliated with UCSF since April of 2015.

Jewish Family and Children's Services, (415) 449-3879

Offers non-denominational bereavement support groups, workshops, individual and family counseling, healing and memory services.

Josie's Place, (415) 513-6343.

Offers support groups for children and teens.

Pathways, (888) 755-7855

Offers grief support group, individual counseling and workshops.

Sutter VNA and Hospice, (415) 749-4200

Offers grief support groups and individual counseling.

Zen Hospice Project, (415) 863-2910

Offers grief support groups, individual counseling, mindfulness-based grief support group and workshops.

Peninsula and South Bay Bereavement Services

Centre for Living with Dying (Santa Clara), (408) 243-0222

Offers individual and group support for adults, children and families.

The Compassionate Friends (Burlingame, Santa Clara, Monterey), (877) 969-0010

Offers peer-led grief support after the death of a child.

By the Bay Health (San Mateo County), (415) 526-5699

Offers individual counseling and support groups for adults and children on a sliding fee scale. By the Bay Health has been affiliated with UCSF since April of 2015.

KARA – Grief Support for Children and Adults (Palo Alto), (650) 321-5272

Offers grief support groups for children, teenagers and adults.

Kaiser Permanente (South San Francisco), (650) 742-2439

Offers individual and group support for both Kaiser and non-Kaiser members.

Mid-Peninsula Widow and Widowers Association (Los Altos), (408) 259-4433

Offers peer-led social group providing support for widows and widowers.

Pathways (Sunnyvale, South San Francisco), (888) 755-7855

Offers individual counseling and support groups for children, teens and parents.

Seton Medical Center (Daly City), (650) 991-6439

Offers bereavement classes, grief support group.

Sutter VNA and Hospice (San Mateo), (650) 685-2821

Offers support groups for children, teens and parent

North Bay/Northern California Bereavement Services

By the Bay's Free Camp for Grieving Children and Teens

Young people and adults experience loss differently. For years, By the Bay Health (formerly Hospice by the Bay) has supported grieving children and teens by offering a free, all-inclusive, three-day summer retreat for ages 7 to 17 (up to 18 for current high school students). Visit [our website](#) or call (415) 526-5699 for information on upcoming sessions.

The Compassionate Friends (Cotati, San Rafael, Eureka, Ft. Bragg, Garberville, Yreka), (877) 969-0010. Offers peer-led grief support after the death of a child.

By the Bay Health (Marin County), (415) 526-5699 and (Sonoma County), (707) 931-7299. Offers individual counseling and support groups for adults and children on a sliding fee scale. By the Bay Health has been affiliated with UCSF since April of 2015.

Hospice of Lake County (Lakeport), (707) 263-6222. Offers individual counseling and groups for children, teens and adults.

Hospice of Petaluma (Petaluma), (707) 778-6242, ext. 122. Offers individual counseling and groups for children, teens and adults.

Sutter VNA and Hospice (Santa Rosa), (707) 535-5780. Offers grief support group, individual counseling and programs for teens and adults.

SAY WillMar Grief Services (Sonoma), (707) 935-1946. Offers grief support for children, teens and families.

East Bay Bereavement Services

By the Bay's Free Camp for Grieving Children and Teens

Young people and adults experience loss differently. For years, By the Bay Health (formerly Hospice by the Bay) has supported grieving children and teens by offering a free, all-inclusive, three-day summer retreat for ages 7 to 17 (up to 18 for current high school students). Visit [our website](#) or call (415) 526-5699 for information on upcoming sessions.

Circle of Care/East Bay Agency for Children (Oakland), (510) 531-7551. Offers support groups and individual counseling for children, teens and families.

The Compassionate Friends (Oakland, Stockton), (877) 969-0010. Offers peer-led grief support after the death of a child.

Contra Costa Crisis Center (Walnut Creek), (800) 837-1818. Offers individual counseling by trained volunteers in clients' homes or at Walnut Creek office.

Also provides grief support program for adults, children and teens, as well as a 24-hour grief support hotline.

Family Service of the Tri-Cities (Fremont), (510) 574-2100
Offers counseling for youth and their families.

Hope Hospice (Dublin), (925) 829-8770
Offers individual counseling and grief support groups for adults, children and teens.

Jewish Family and Children's Services of the East Bay (Berkeley), (510) 704-7480, ext. 745
Offers a grief support group.

La Clinica De La Raza (Oakland), (510) 535-6200
Offers Spanish-speaking grief support group.

Pathways (Oakland), (888) 755-7855
Offers a grief support group and individual counseling.
Saint Rose Hospital (Hayward), (510) 264-4050
Offers a grief support group.

Sutter VNA and Hospice (Emeryville, Oakland, San Leandro), (510) 450-8596
Offers grief support groups, art therapy and remembrance services.

Additional Website Resources for Grief Support

Grief.com – Grief. Com is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.

What's Your Grief - To put it simply, this website is about grief. You don't have to grieve alone. What's Your Grief is a place for sharing, support, resources, & more.

Section 9: Book Suggestions on Suicide Loss

- After Suicide Loss: Coping with Your Grief, 2nd Edition. Jordan, Jack Ph.D., and Baugher, Bob.
- I'll Write Your Name on Every Beach: A Mother's Quest for Comfort, Courage, and Clarity after Suicide Loss. Philadelphia: Jessica Kingsley, 2017. Auerbach, Susan.
- Voices of Healing and Hope: Conversations on Grief after Suicide. Atlanta, GA: Bolton Press, 2017. Bolton, Iris.
- My Son...My Son: A Guide to Healing After Death, Loss or Suicide Atlanta. GA: Bolton Press, 1983. Bolton, Iris.
- But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors. Griefwork Center, Inc. 2000. Rubel, Barbara.
- When a child dies from drugs: Practical help for parents in bereavement. (2004). Chula Vista, CA: Xlibris Corporation. Wittberger, P., & Wittberger, R.
- Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis Among African-Americans. Alvin F. Poussaint, M.D., and Amy Alexander, Beacon Press, 2001.
- The Gift of Second: Healing from the Impact of Suicide. Brandy Lidbeck, Gift Pub, 2016.
- Dying to Be Free: A Healing Guide for Families after a Suicide. Beverly Cobain and Jean Larch, Hazelden Foundation, 2006.
- Unfinished Conversation: Healing from Suicide and Loss — A Guided Journey Robert E. Lesoine and Marilynne Chopel, Parallax Press, 2013.

Books and Poetry on Suicide Loss and Grief

- Complicated Grief: A Collection of Poems. Deborah Golden Alecson, Finishing Line Press, 2014.
- Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide. Catherine Greenleaf, St. Dymphna Press, 2006.
- I See You Everywhere. Julia Glass, Anchor, 2009.

Books on Hope and Healing After a Suicide Loss

- From the Ashes Flies the Phoenix: Creating a Powerful Life after a Suicide Gretta Krane, Inspiring Enterprises, 2006.
- Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide. Catherine Greenleaf, St. Dymphna Press, 2006

