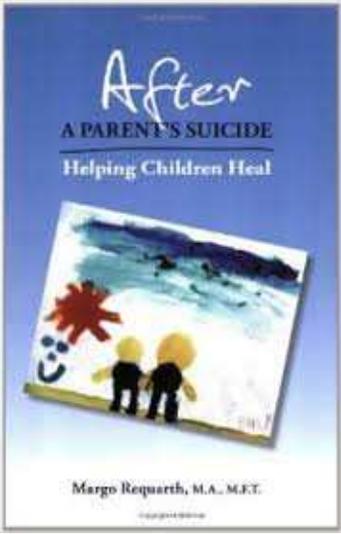
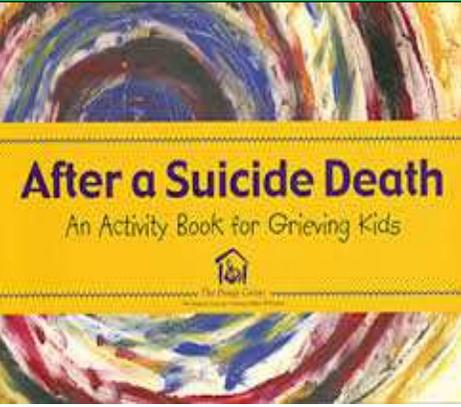




## WRSPC Resources1500

### Literature

 The book cover for 'After A Parent's Suicide: Helping Children Heal' features a blue background. At the top, the word 'After' is written in a large, white, cursive font. Below it, 'A PARENT'S SUICIDE' is in a smaller, white, sans-serif font, and 'Helping Children Heal' is in a white, sans-serif font. The central image shows two small figures standing on a beach, looking out at a large, dark, stormy sea under a blue sky. A red sun is visible on the left side of the beach. At the bottom, the author's name 'Margo Requarth, M.A., M.F.T.' is printed.	<p><b>After A Parent's Suicide Helping Children Heal</b> <i>by Margo Requarth, M.A., M.F.T</i> 2008</p>
 The book cover for 'After a Suicide Death: An Activity Book for Grieving Kids' has a vibrant, abstract background of swirling colors in shades of blue, purple, red, and yellow. The title 'After a Suicide Death' is written in a bold, black, sans-serif font. Below it, 'An Activity Book for Grieving Kids' is in a smaller, black, sans-serif font. At the bottom center, there is a small logo of a house with a heart inside, and the text 'The Dougy Center' is visible below it.	<p><b>After a Suicide Death</b> <i>By Dougy Centre for Grieving Children</i> 2001</p>

#### **After A Parent's Suicide Helping Children Heal**

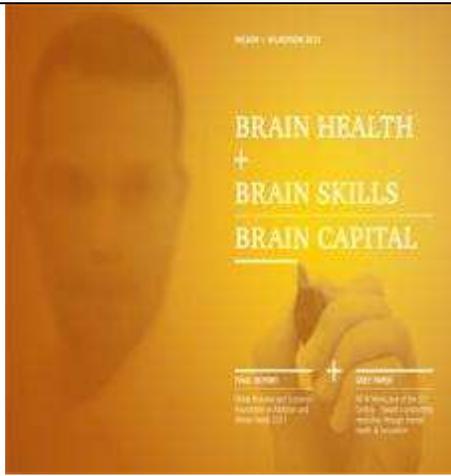
*by Margo Requarth, M.A., M.F.T*  
2008

Longtime children's bereavement counselor and psychotherapist Margo Requarth, M.A., M.F.T., charts the complex emotional waters every family must navigate in the wake of a previously unimaginable suicide death. Starting with the haunting tale of her own mother's suicide, Requarth weaves together her experience counseling "survivors," poignant interviews with children, teens and parents, and the latest research on suicide and its aftermath. What emerges is a groundbreaking "how-to" guide for parent survivors: how to manage both the immediate and long-term implications of the suicide, how to talk to your children, how to see them through the heart-rending anguish to a place of acceptance, healing, and finally, a renewed and deepened capacity for joy.

#### **After a Suicide Death**

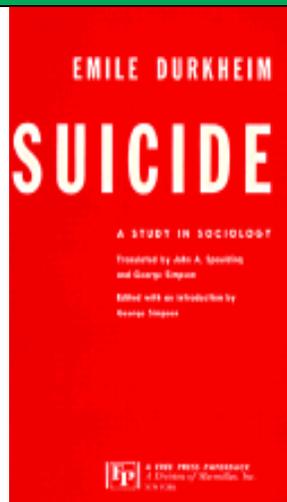
*By Dougy Centre for Grieving Children*  
2001

In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.



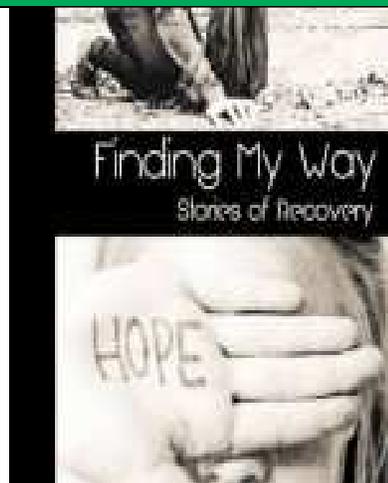
**Brain Health + Brain Skills = Brain Capital**  
*By Michael Wilson and Bill Wilkerson*  
 2011

Final Report from Global Business and Economic Roundtable on Addiction and Mental Health 2011



**Suicide- A study in Sociology**  
*by Emile Durkheim*  
 1997

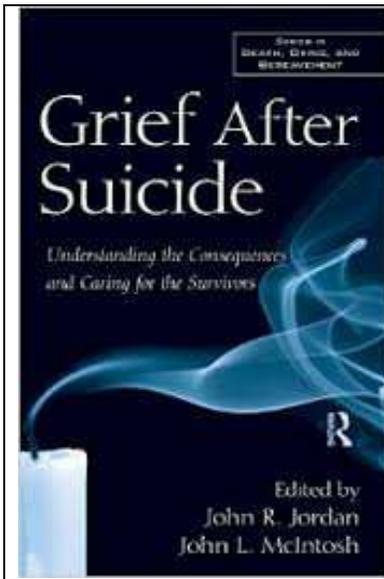
Emile Durkheim's *Suicide* addresses the phenomenon of suicide and its social causes. Written by one of the world's most influential sociologists, this classic argues that suicide primarily results from a lack of integration of the individual into society. *Suicide* provides readers with an understanding of the impetus for suicide and its psychological impact on the victim, family, and society.



**Finding my way- Stories of Recovery**  
*By Kathy Bazinet and Nick Lachance*  
 2013

Finding My Way is about the path to recovery. The stories, poetry and art that make up this book are both part of the healing process and an opportunity to extend the peer support, offered by Self Help Alliance, for those who identify with mental health and/or addiction issues. It is by sharing our stories and experiences we can create an environment of understanding and acceptance. By reading others' experiences, a sense of community emerges. Knowing that you are not the "only one" is often all that is needed to begin the process of recovery and healing.

This book is meant to be a beacon of sorts, to provide light, comfort and a sense of direction that can only be given by those who have already walked and who are currently walking the same path.

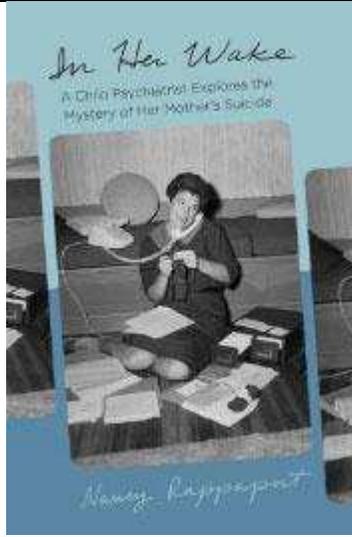


**Grief After Suicide-Understanding the Consequences and Caring for Survivors**

*By John R. Jordan and John L. McIntosh*

2010

This edited volume addresses the need for an up-to-date, professionally-oriented summary of the clinical and research literature on the impact of suicide bereavement on survivors. It is geared towards mental health professionals, grief counselors, clergy, and others who work with survivors in a professional capacity. Topics covered include the impact of suicide on survivors, interventions to provide bereavement care for survivors, examples of promising support programs for survivors, and developing a research, clinical, and programmatic agenda for survivors over the next 5 years and beyond.



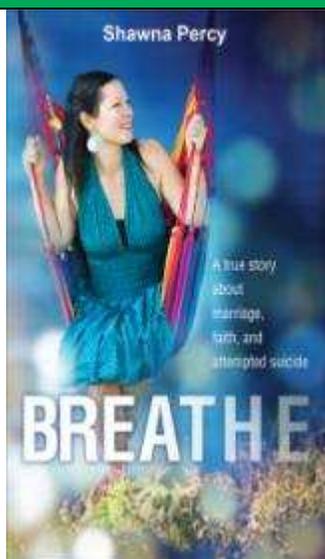
**In Her Wake**  
*By Nancy Rappaport*  
 2011

In 1963, Nancy Rappaport's mother committed suicide after a bitter divorce and custody battle. Nancy was four years old. As one of eleven children in a prominent Boston family, Nancy struggled to come to terms with the reasons why her mother took her own life. After years spent interviewing family and friends, Rappaport uncovers the story of a conflicted and troubled activist, socialite, and community leader. Drawing on court depositions, her mother's unpublished novel, newspapers, and her own experiences, she highlights heartbreaking stories of a complicated life that played out in the public eye. Inspiring, honest, and engaging, Rappaport's story sheds light on the agonizing nature of loss and healing, and reveals the permeable boundaries between therapists and the patients they treat.



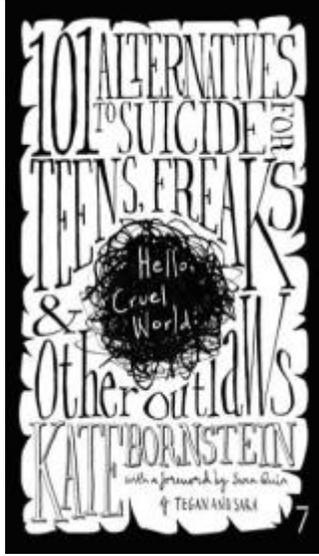
**Reflections; Finding Directions Through My Mind's Eye**  
*By Cathy Read-Wilson*  
 2011

Cathy's journey captured through poetry and pictures gives us an intimate glimpse into the delicate balance of living and the hope that exists because of it.



**Breath**  
*by Shawna Percy*  
 2014

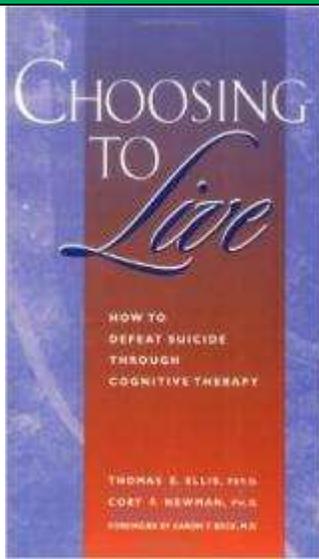
In **Breathe**, Shawna shares her story of marriage; an arranged marriage of sorts, that was rooted in ambiguous faith, submerged in mental and emotional captivity, and survived with glimpses of hope, learned coping strategies, and tremendous support found through vulnerability. Breathe speaks to the caregiver of someone who has attempted suicide, the individual struggling to survive mental illness, and the supportive friend or family member who wants to understand the all-to-often hidden life of a family raped by these realities. Some moments make you lose your breath. In others, all you can do is breathe.



**Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks, and Other Outlaws**

*By Kate Bornstein*  
2006

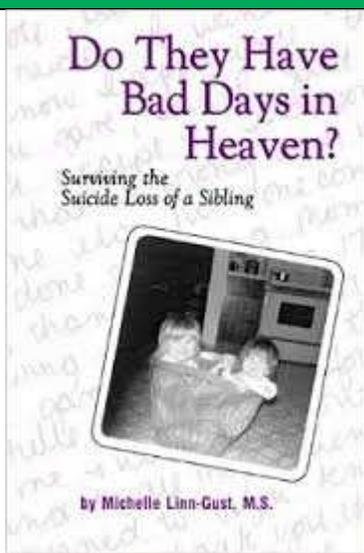
A one-of-a-kind guide to staying alive outside the box, Hello, Cruel World is a much-needed unconventional approach to life for those who want to stay on the edge, but alive. Hello, Cruel World features a catalog of 101 alternatives to suicide that range from the playful to the irreverent, to the highly controversial.



**Choosing to Live**

*By Thomas E. Ellis and Cory Frank Newman*  
1996

This easy to read book offers straightforward and helpful suggestions for anyone who has contemplated suicide or and anyone with a suicidal loved one. It can help suicidal people understand their suffering while they take charge of their own healing.



**Do They Have Bad Days In Heaven**

*by Michelle Linn- Gust M.S*  
2001

Michelle Linn-Gust takes the reader through the personal experience of losing her younger sister Denise Linn and weaves in the available research for sibling survivors. Michelle also journeys sibling loss through the life span. No matter how old you are, you'll find valuable help in *Do They Have Bad Days in Heaven?* Michelle explains suicide, the grief process, and how sibling death impacts the brothers and sisters left behind. She adds practical advice for how sibling suicide survivors can help themselves.

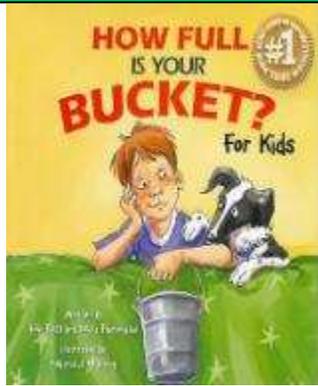
	<p><b>The Role of Faith Communities in Suicide Prevention- A Guidebook for Faith Leaders</b>  <i>By Timothy Duty, Psy. D.</i>          2009</p>
<p>The purpose of the guidebook is to prepare leaders of faith communities to prevent, intervene and respond to the tragedy of suicide. The concept for this guidebook grew out of an increasing understanding that suicide affects a significant number of people in all walks of life and that people often turn to their faith communities in times of crisis. Knowing how to respond in the movement of a suicidal crisis can be an anxiety-provoking experience.</p>	<p><b>*We have copies to give to faith leaders</b></p>
	<p><b>The Understanding Your Suicide Grief Journal</b>  <i>By Alan D. Wolfelt PhD</i>          2009</p>
<p>This workbook helps grievers explore the 10 essential touchstones for finding hope and healing. The exercises throughout the journal recall the content of the book and ask corresponding questions about the survivor's unique grief journey.</p>	
	<p><b>History of a Suicide- My Sister's Unfinished Life</b>  <i>By Jill Bialosky</i>          2011</p>
<p>For twenty years, Bialosky has lived with the grief, guilt, questions, and confusion unleashed by Kim's suicide. Now, in a remarkable work of literary nonfiction, she re-creates with unsparing honesty her sister's inner life, the events and emotions that led her to take her life on this particular night. In doing so, she opens a window on the nature of suicide itself, our own reactions and responses to it—especially the impact a suicide has on those who remain behind.</p>	



**Hope and Healing After Suicide**  
 By Centre for Addiction and Mental Health  
 2011

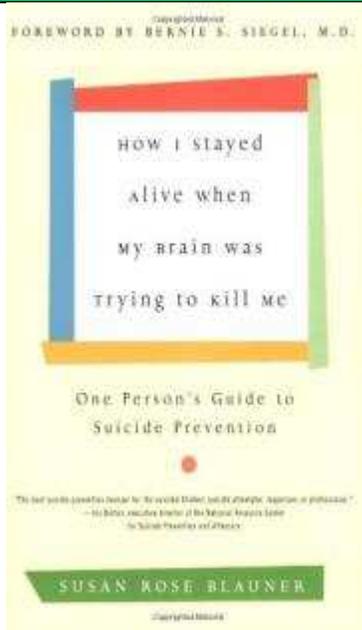
When people die by suicide, they leave behind family and friends who suddenly find themselves mourning the person's loss and wondering what happened. This guide addresses many personal issues related to a death by suicide, including telling others, working through the grief, finding what helps people to heal, and grieving in children and youth. This Ontario guide also outlines practical things that need taking care of, such as arranging a funeral and dealing with the deceased's personal, legal and financial matters. A resource section lists organizations, websites and books that may help.

**\*We have copies of these to hand out**



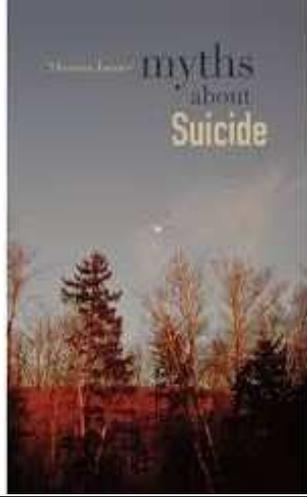
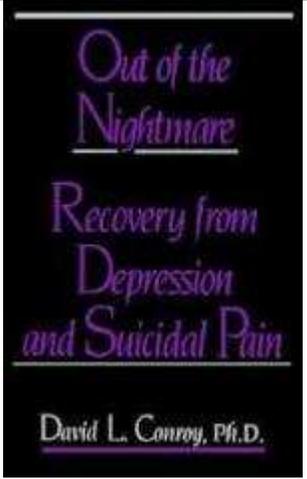
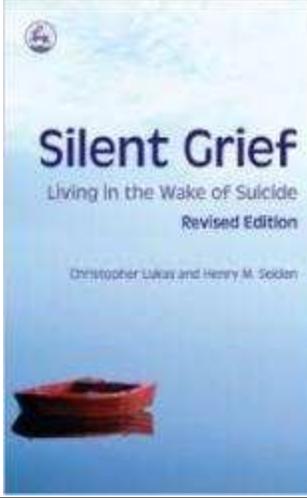
**How full is your bucket? For kids**  
 By Tom Rath, and Mary Reckmeyer  
 2009

Through the story of a little boy named Felix, this charming book explains to children how being kind not only helps others, it helps them, too. As he goes about his day, Felix interacts with different people - his sister Anna, his grandfather, other family and friends. Some people are happy, but others are grumpy or sad. Using the metaphor of a bucket and dipper, Felix' grandfather explains why the happy people make Felix feel good, while the others leave him feeling bad -and how Felix himself is affecting others, whether he means to or not.



**How I Stayed Alive When My Brain Was Trying to Kill Me - One Person's Guide to Suicide Prevention**  
 By Susan Rose Blauner  
 2003

Part memoir and part survival guide, *How I Stayed Alive When My Brain Was Trying to Kill Me* aims to provide practical and immediate advice for those who are contemplating suicide but genuinely do not wish to die. It offers a wealth of information, both for suicidal individuals and their loved ones, and should serve as a source of comfort and hope to all those affected by suicide.

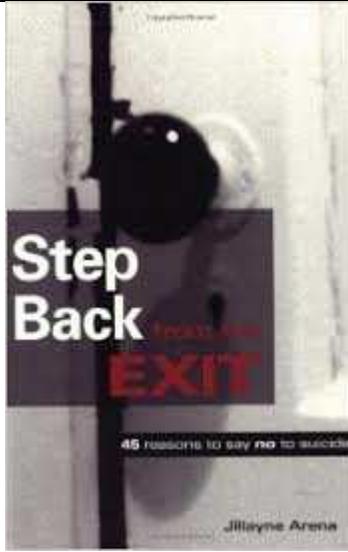
	<p><b>Myths about Suicide</b>  <i>by Thomas Joiner</i>                  2011</p>
	<p><b>Out of the Nightmare- Recovery from Depression and Suicidal Pain</b>  <i>By David L. Conroy, Ph.D.</i>                  2006</p>
	<p><b>Silent Grief – Living in the Wake of Suicide, Revised Edition</b>  <i>By Christopher Lukas and Henry M Seiden</i>                  2007</p>

Drawing on a fascinating array of clinical cases, media reports, literary works, and scientific studies, Thomas Joiner demolishes both moralistic and psychotherapeutic clichés. He shows that suicide is not easy, cowardly, vengeful, or selfish. It is not a manifestation of "suppressed rage" or a side effect of medication. Threats of suicide, far from being idle, are often followed by serious attempts. People who are prevented once from killing themselves will not necessarily try again.

An eminent expert whose own father's death by suicide changed his life, Joiner is relentless in his pursuit of the truth about suicide and deeply sympathetic to such tragic waste of life and the pain it causes those left behind.

This book provides counselors with a bold new non-technical framework that is free from the prejudices that deter the suicidal from seeking help. It provides those who have lost a loved one to suicide with a broad array of new conceptual tools to understand the tragedy and to find help for stuck positions of bereavement. Most importantly, it provides all those who suffer from depression with hundreds of resources to find their way out of the nightmare.

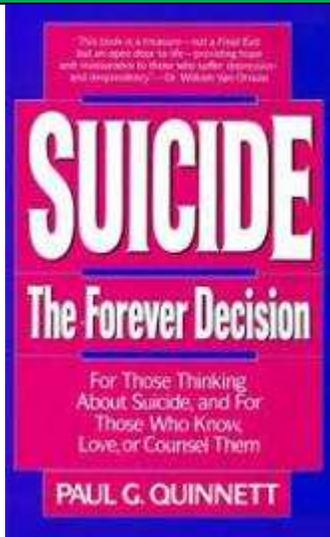
This book gives insights into the pain and suffering involved when people are grieving for someone who has committed suicide, but it also offers hope without diminishing the significance of the suffering involved.



**Step Back from the Exit- 45 Reasons to Say No to Suicide**

*By Jillayne Arena*  
2013

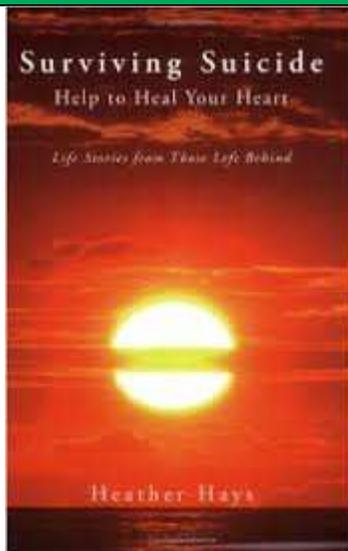
Direct, practical, accepting, at times humorous--this book offers support for those facing the blind alleys, bottomless pits, and concrete barriers of life. Arising from the author's struggle with suicidal thoughts, these 45 short essays range in diversity from Marilyn Monroe to William Styron, from guilt to vitamins, and from bad manners to bad genes. While acknowledging the depth of pain that brings people to consider suicide, this book asks them to wait.



**Suicide- The Forever Decision**

*By Paul G. Quinnett*  
1992

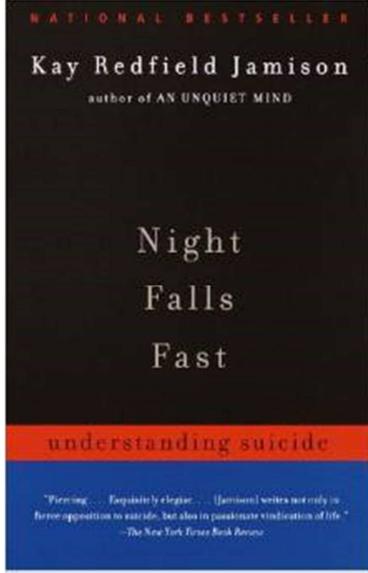
For those thinking about suicide, and for those who know, love, or counsel them, this book discusses the social aspects of suicide, the right to die, anger, loneliness, depression, stress, hopelessness, drug and alcohol abuse, the consequences of a suicide attempt, and how to get help.



**Surviving Suicide – Help to Heal your Heart**

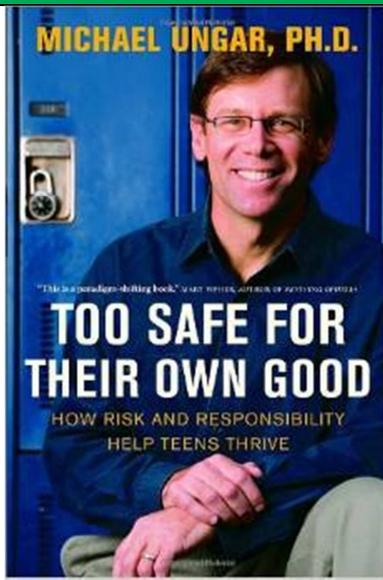
*By Heather Hays*  
2005

Days after her fiancé's suicide, award-winning journalist Heather Hays was back on television, hiding her pain from her viewers and herself. She is no longer hiding. In this book, Heather shares life-changing stories from people around the world who have also been left behind. Through them, you will learn lessons on love and loss to help guide you on your journey.



**Night Falls Fast- Understanding Suicide**  
 By *Kay Redfield Jamison*  
 2000

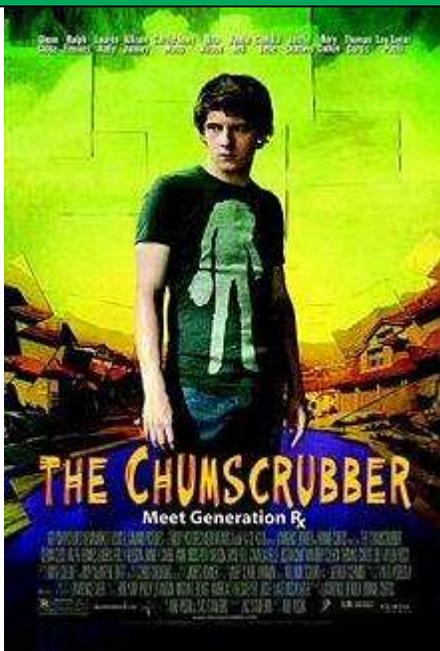
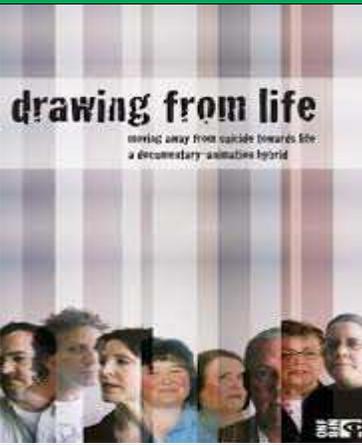
An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic.

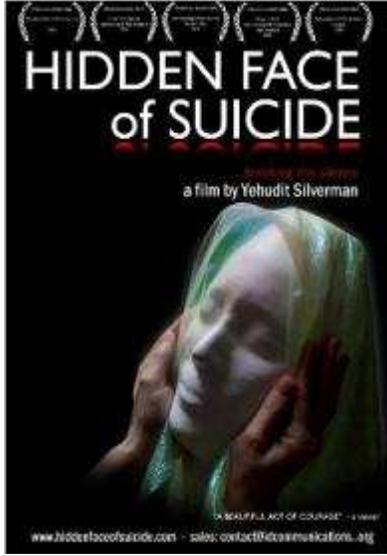


**To Safe For Their Own Good- How Risk and Responsibility Help Teens Thrive**  
 By *Michawl Ungar, PH.D.*  
 2007

Internationally respected social worker and family therapist Michael Ungar tells us why our mania to keep our kids safe is causing us to do the opposite: put them in harm's way. By continuing to protect them from failure and disappointment, many of our kids are missing out on the "risk-taker's advantage," the benefits that come from experiencing manageable amounts of danger. In *Too Safe for Their Own Good*, Ungar inspires parents to recall their own childhoods and the lessons they learned from being risk-takers and responsibility-seekers, much to the annoyance of their own parents. He offers the support parents need in setting appropriate limits and provides concrete suggestions for allowing children the opportunity to experience the rites of passage that will help them become competent, happy, thriving adults.

Movies

 <p>Movie poster for Charlie Bartlett. The poster features Anton Yelchin in the foreground with his arms behind his head. Above him are several smaller images of other characters. The title 'CHARLIE BARTLETT' is prominently displayed in the center. At the bottom, it says 'COMING THIS FEBRUARY'.</p>	<p><b>Charlie Bartlett</b> 2008</p> <p>Awkward teenager Charlie Bartlett (Anton Yelchin) has trouble fitting in at a new high school. Charlie needs some friends fast, and decides that the best way to find them is to appoint himself the resident psychiatrist. He becomes one of the most popular guys in school by doling out advice and, occasionally, medication, to the student body.</p>
 <p>Movie poster for The Chumscrubber. It features a young man (Jamie Bell) standing in a room with a bright green and yellow background. The title 'THE CHUMSCRUBBER' is written in large, stylized letters at the bottom, with the subtitle 'Meet Generation Rx' below it.</p>	<p><b>The Chumscrubber</b> 2005</p> <p>After a friend who sells prescription medication is killed, Dean (Jamie Bell) is confronted by Billy (Justin Chatwin), the high-school drug dealer, who demands he hand over the remaining stash. Dean refuses, causing Billy and his partner to plot to kidnap his younger brother, Charlie (Rory Culkin). However, unaware of what Charlie looks like, they accidentally abduct another boy. When neither parents nor law enforcement believes his story, Dean is forced to go on a rescue mission.</p>
 <p>Movie poster for Drawing from Life. The title 'drawing from life' is at the top in a simple font. Below it, the subtitle reads 'moving away from suicide towards life: a documentary-animation hybrid'. At the bottom, there is a row of portraits of several people.</p>	<p><b>Drawing from Life</b> 2009</p> <p>This is a 30 minute documentary filmed in 2008 that follows a suicide group workshop. All of the participants have made multiple suicide attempts. Nothing is working; not drugs, not therapy. So, what's next? Using animation and real footage, Drawing From Life follows the group for 20 weeks. Some of what happens is tragic and some is truly uplifting.</p> <p><b>*This documentary profiles the original Skills for Safer Living Group, PISA, from Toronto</b></p>

 <p><b>HIDDEN FACE of SUICIDE</b> a film by Yehudit Silverman</p> <p>www.hiddenfaceofsuicide.com - sales: contact@communications.atg</p>	<p><b>Hidden Face of Suicide</b> 2010</p> <p>An award winning documentary that enters the world of survivors, those who have lost loved ones to suicide, and reveals their remarkable stories. Looking for the story behind the silence in her own family, Silverman sets out on a journey of understanding and transformation. Using masks, the survivors find a unique and creative way to express the unspeakable. Their journey brings to light the danger of secrets and the terrible cost of silence.</p>
 <p>KEIR GILCHRIST   EMMA ROBERTS   and ZACH GALIFIANAKIS</p> <p><b>IT'S KIND OF A FUNNY STORY</b></p> <p>Sometimes what's in your head isn't as crazy as you think.</p>	<p><b>It's Kind of a Funny Story</b> 2010</p> <p>Stressed by adolescence, 16-year-old Craig Gilner (Keir Gilchrist) checks himself into a mental-health clinic. Unfortunately, the youth wing is closed, so he must spend his mandated five-day stay with adults. One of them, Bobby (Zach Galifianakis), quickly becomes his mentor -- and protege, while Craig finds himself drawn to a fellow teen, Noelle (Emma Roberts), who just may be the cure he needs to forget an unrequited crush.</p>
 <p><b>SURVIVORS OF SUICIDE LOSS</b> RESOURCE DVD</p> <p>© Copyright © 2012 WRSPC Producers &amp; Penny Knapp</p>	<p><b>Survivors of Suicide Loss</b> 2012</p> <p>This DVD was produced by Penny Knapp who lost her son to suicide. It is a resource from grieving families and shares stories about of those bereaved. This DVD provides an opportunity for the viewer to listen to the heartfelt narratives of several individuals who have been devastated by the death of their loved one, yet have found a way to go on.</p> <p><b>*WRSPC helped to financially support this DVD</b></p>



**Sylvia**  
2003

Young Sylvia Plath (Gwyneth Paltrow) dreams of becoming an important writer. Her childhood is scarred by the unexpected loss of her father, and by the time she enrolls in college Sylvia has become emotionally fragile, suffering from depression. In 1955, she travels to Cambridge, England, to study literature, and falls in love with well-known poet Ted Hughes (Daniel Craig). As she struggles to balance a rocky marriage and growing literary success, Sylvia becomes increasingly obsessed with death.



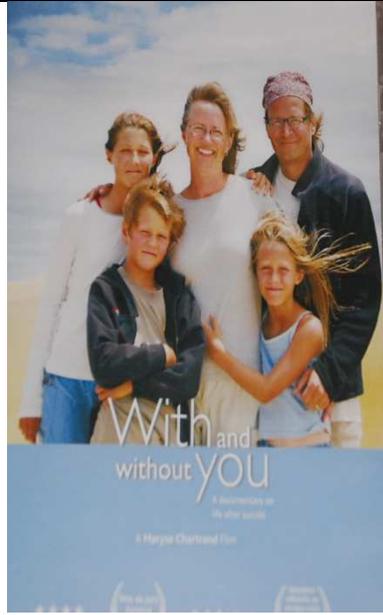
**The Snake Pit**  
1948

In this psychological drama, Virginia Cunningham (Olivia de Havilland) is confused upon finding herself in a mental hospital, with no memory of her arrival at the institution. Tormented by delusions and unable to even recognize her husband, Robert (Mark Stevens), she is treated by Dr. Mark Kik (Leo Genn), who is determined to get to the root of her mental illness. As her treatment progresses, flashbacks depict events in Virginia's life that may have contributed to her instability



**Bully**  
2011

Filmmaker Lee Hirsch examines five cases of youths who endure vicious persecution at the hands of their peers. Ja'meye, 14, winds up in reform school after pulling a gun on the youths who tormented her for years. Cameras record the abuse suffered by 14-year-old Alex as he's beaten and teased on the bus. Star athlete Kelby, 16, is ostracized and worse after she comes out as lesbian. Most tragic of all, two boys, one 17 and one 12, commit suicide to escape the torture.



**With and Without You**  
2007

Stopping everything to get out of the rat race is what the Beaudry family did. Maryse, Samuel and their three kids left their comfortable middle class North American home with only their backpacks to travel the world.

For the Beaudry's, it was a dream come true, or was it? What secrets motivated this journey? Was it really a soul searching journey of discovery or a desperate escape from reality? And what if one of the family members was wrestling with hidden demons and harboring a secret agenda.

A year after the family's adventure, Samuel left on another journey, one with no return. One that left the Beaudrys with so many shocking questions to answer. How could a life loving person take his own life?

*With and Without You* is one woman's quest to understand and grow instead of breaking and sinking.



**The Walk a Mile Film Project**  
2014

Five compelling short documentary films that encourage communities, schools and workplaces to discuss the history of Indigenous people in Canada, their personal experiences and hopes for the future.



**Crisis Hotline Veterans Press 1**  
2013

They served their country overseas. Now, many military veterans must turn to the unique services of the Veterans' Crisis Line to help with their own personal and professional traumas at home. This documentary profiles several of the VCL counselors who work the phones of this 24-hour service, providing support, guidance, and hope to active and retired servicemen dealing with emotional, physical and financial troubles.