

SUICIDE LOSS BOOK LIST

For young adults who have had a loss
-suicide loss and general grief



I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing after a Sudden Loss

by Brooke Noel and Dr. Pamela Blair

But I Didn't Say Goodbye

by Barbara Rubel

Fiction - seen through the eyes of an 11-year-old boy whose father has died by suicide.

Fire in My Heart, Ice in My Vein: A Journal for Teenagers Experiencing Loss

by Enid Samuel Traisman

Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business and use their creativity to work through the grieving process.

The Healing Your Grieving Heart Journal for Teens

by Dr. Alan Wolfelt

This diary affirms the grieving teen's journey and offers gentle, healing guidance. To sort through their confusing feelings and thoughts, teens are prompted to explore simple, open-ended questions. Teens are encouraged to write what they miss about the person who died, the specific feelings that have been most difficult since the death, or the things they wish they had said to the person before they died.

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