
BOOKS ABOUT SUICIDE, HOMICIDE, AND TRAUMA

Teen

General Books About Grief

- *Healing Your Grieving Heart for Teens: 100 Practical Ideas* by Alan D. Wolfelt -- With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally.
- *Facing Change: Falling Apart and Coming Together Again in the Teen Years* by Donna B. O'Toole -- This informative book helps teens understand their losses and discover creative coping strategies to deal with them.
- *The Grieving Teen: A Guide for Teenagers and Their Friends* by Helen Fitzgerald -- Helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.
- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture that Doesn't Understand* by Megan Devine -- offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy.

Books for Suicide, Homicide, and Trauma

- *The Astonishing Color of After* by Emily X.R. Pan -- Leigh Chen Sanders is absolutely certain about one thing: When her mother died by suicide, she turned into a bird. Alternating between real and magic, past and present, friendship and romance, hope and despair, *The Astonishing Color of After* is a stunning and heartbreaking novel about finding oneself through family history, art, grief, and love.

- *The Last Time We Say Goodbye* by Cynthia Hand -- Since her brother, Tyler, committed suicide, Lex has been trying to keep her grief locked away, and to forget about what happened that night. A stunning, heart-wrenching novel of love and loss, which ALA Booklist called "both shatteringly painful and bright with life and hope" in a starred review.
- *Teens Talk About Suicide, Death, and Grieving* by Jennifer Landau -- Losing a loved one is devastating at any age, but it can be especially trying for those going through the changes that adolescence brings. These engrossing stories offer first-person narratives of young adults coping with the death of someone close to them.
- *The Fall* by James Preller -- From James Preller, the author of *Bystander*, another unflinching book about bullying and its fallout.
- *Just One Tear* by Kate Mahon -- A thirteen-year-old boy's diary offers an honest, raw, and unvarnished look at the difficulties of adolescence, expressing his searing emotions after he sees his father shot and killed and is forced to endure the killer's trial.
- *After a Suicide: Young People Speak Up* by Susan Kulkin -- Firsthand accounts of young people describing their agonizing grief and struggle to understand and cope with the devastation following the suicide of a loved one.
- *Hurting Yourself* by Jeanne M. Harper -- For young people who have attempted suicide or intentionally injured themselves. Talks about feelings, depression, anger, guilt and blame, pressures and taking care of yourself and getting help.
- *Teenage Suicide* by Sandra Gardner -- Examines some of the reasons and causes for teenage suicide and other self-destructive behavior and discusses what can be done about this increasing problem.
- *Living When a Friend Commits Suicide (Or Even Starts Talking About It)* by Earl A. Grollman and Max Malikow -- This book offers solace and guidance to adolescents who are confronted with someone of their own age who is contemplating or has committed suicide.

