
BOOKS ABOUT SUICIDE, HOMICIDE, AND TRAUMA

Children

General Books About Grief

- *Aarvy Aardvark Finds Hope* by Donna O'Toole -- Aarvy has lost his family and is filled with despair and hopelessness until a true friend helps him learn about the strengths within himself.
- *When Dinosaurs Die: A Guide to Understanding Death* by Laurie Krasny Brown -- Straightforward and compassionate, *When Dinosaurs Die* explains death, dying, and coping with grief and loss in simple and accessible language for young kids and families.
- *Grief is a Mess* by Jackie Schuld -- *Grief is a Mess* is an illustrated book for grieving children and adults who need a healthy dose of understanding, comfort, and laughter.
- *The Invisible String* by Patrice Karst -- Specifically written to address children's fears of being apart from the ones they love, *The Invisible String* offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace.

Books for Suicide, Homicide, and Trauma

- *Luna's Red Hat: An Illustrated Storybook to Help Children Cope with Loss and Suicide* by Emmi Smid -- Luna's Mum died one year ago and she still finds it difficult to understand why. She feels that it may have been her fault and worries that her Dad might leave her in the same way. Her Dad talks to her to explain what happened and together they think about all the happy memories they have of Mum.
- *Someone I Loved Died by Suicide: A Story for Child Survivors and Those Who Care for Them* by Doreen Cammarata -- The story allows individuals an opportunity to recognize normal grieving symptoms and to identify various interventions to promote healthy ways of coping with the death of a special person.
- *Someone I Love Died from a Drug Overdose* by Melody Ray -- Accidental substance overdoses continue to rise across our



country, leaving families at a loss as to how to tell and assist the children that are grieving. This story is an excellent tool for parents and caregivers. Includes a workbook, definitions, some facts and a note to the adult reading the story.

- *I Remember Miss Perry* by Pat Brisson -- Miss Perry dies in a car accident, and everything is suddenly sad and complicated. Yet Stevie and his classmates must find their way to happiness again. It would surely be Miss Perry's fondest wish.
- *How Little Coyote Found His Secret Strength* by Anne Westcott -- This therapeutic picture book is written to help children aged 4-10 and adults to talk about difficult experiences growing up (including things they may still be going through), and explores how they can affect how your body feels and reacts to things.
- *Bomji and Spotty's Frightening Adventure* by Anne Westcott -- After a scary experience Bomji just doesn't feel safe anymore. His body feels a bit different and he starts to have bad dreams. His friend Spotty is worried about Bomji - how can her friend be helped? Luckily, wise Teacher Owl is there for them.
- *The Ant Hill Disaster* by Julia Cook -- After the Ant Hill School is destroyed, a little boy ant is afraid to go back to school. His mom caringly explains to him that sometimes things happen in life over which we have no control, but we have to find a way to keep living and growing.
- *Goodnight Mr. Vincent van Gogh* by Lindsey Doolittle -- This book offers a gentle way of explaining a loved one's suicide without sweeping it under the rug. This book includes resources on suicide support, a space to write a letter to your lost loved one, and a page where you can attach his/her photo.

