

Resources for Suicide, Depression and Grief

Preventative

*Curtis, J. & Cornell, L. (2002). *I'm gonna like me: Letting off a little self-esteem*. Harper Collins Children's Books.

- Reminds children that the key to feeling good is liking yourself because you are you

Dorfman, C. & Ong, C. (2003). *I knew you could: A book for all the stops in your life*. Platt & Munk.

- Encourages children to keep trying even when things seem impossible.

Dyer, W. & Tracy, K. (2005). *Incredible you: 10 ways to let your greatness shine through*. Hay House.

- This book empowers children to feel good about themselves.

Kaufman, G., Raphael, L. & Espeland, P. (1999). *Stick up for yourself: Every kid's guide to personal power and positive self-esteem*. Free Spirit Publishing.

- A self-help guide to positive thinking, high self-esteem, and responsible personal power.

Madison, L. (2002). *The feelings book: The care & keeping of your emotions*. American Girl Publishing.

- This book takes an inside look at how girls deal with their feelings and how to develop a positive self esteem.

Morrison, T. (2002). *The book of mean people*. Hyperion Books for Children.

- The author offers a humorous look at how children experience meanness and anger in our world.

Romain, T. (1997). *Bullies are a pain in the brain*. Free Spirit Publishing.

- A serious yet humorous guide to dealing with bullies.

*Rosenthal, A. (2006). *One of those days*. Putnam Juvenile.

- This picture book promotes children talking about some of "those days".

Shannon, D. (1998). *A bad case of the stripes*. The Blue Sky Press.

- The main character, Camilla Cream is trying to fit in with her friends and struggles with being different.

*Thomas, P. (2000). *Stop picking on me: A first look at bullying*. Barron's Educational Series.

- Guides kids to accept the normal fears and worries that accompany bullying, and suggests ways to resolve this upsetting experience.

Responsive

(these books address death but not specifically suicide)

*Brown, K. & Brown, M. (1996). *When dinosaurs die*. Little, Brown & Company.

- For grieving children and the adults in their lives.
- Covers every aspect of death from old age to accidental to suicide

Greenlee, S. (1992). *When someone dies*. Peachtree Publishers.

- Provides guidance and comfort for those recovering from the death of someone they know, offering suggestions for how to survive the grief and remember the good times.

*Heegard, M. (1991). *When something terrible happens: Children can learn to cope with grief*. Woodland Press.

- Creates ways for children to explore the fright, confusion, and insecurity caused by traumatic events in their lives.

*Heegard, M. (1988). *When someone very special dies*. Woodland Press.

- Intended to help children move through various levels of grief through the use of writing and drawing their own illustrations.
- 32 pages of narrative prompts and partially drawn black and white illustrations, children are able to actively participate in a concrete and personally reflective experience.

Mellonie, B. (1983). *Lifetimes*. Bantam Books.

- This book is a useful tool in explaining to children that death is a part of life and that, eventually, all living things reach the end of their own special lifetimes.

Puttock, S. & Bartlett, A. (2001). *A story for hippo: A book about loss*. Scholastic Press.

- Answers questions that a very young child can understand.
- Monkey learns how he can keep the memory of Hippo alive in his heart by remembering all of their wonderful times together.

*Rosen, M. & Blake, Q. (2004). *Michael Rosen's sad book*. Candlewick Press.

- Coping with sadness and how it affects you.
- A personal story about the death of the author's son.

Viorst, J. (1971). *The tenth good thing about Barney*. Macmillan Publishing Company.

- Helps children put into words many questions that they might be too young to articulate, and helps parents answer them as best you can.
- Good for the loss of a pet or loved one.

Suicide Specific

*Garland, S. (1994). *I never knew your name*. Ticknor and Fields Books for Young Readers.

- A young boy witnesses a tragedy of a teenage neighbor. The boy is saddened and confused by his regrets of missed opportunities for friendship and begins to understand the importance of reaching out to others.

Adult Resources

Fitzgerald, H. (1992). *Grieving child: A parents guide*. Fireside, Rockefeller Center.

- Parents will learn what vital roles they play in their child's grief process.
- Parents of children from pre-school age through teen years will find guidance in visiting the ill/dying, using language appropriate to the child's age level, selecting useful book about death, handling difficult situations, deciding whether a child should attend a funeral

Wolfelt, A. (2004). *A Child's View of Grief*. Companion Press Co.

- Explores the six reconciliation needs of mourning, recognizes that grieving children are especially deserving of an emotional environment of love and acceptance.

*Those books that have a star are required.