

SUPPORT AFTER SUICIDE

INFORMATION AND SUPPORT FOR PARENT AND CARERS

Beyond The Rough Rock: Supporting a child who has been bereaved through Suicide

by Winstons Wish

This book offers practical advice for families in the immediate days and weeks when suicide has been the cause of death.

Just a bit of a health check with this resource. It is a difficult read but a really useful resource. It has some helpful activities and breaks down how you can talk about what happened. It is quite graphic and there are some drawings that children have created so please don't leave it lying around.

BOOKS FOR PRIMARY AGED CHILDREN

Red Chocolate Elephants

by Dr Diana Sands

A resource for parent and child to read together with interactive activities.

Luna's Red Hat

by Emmi Smid

A story book. Luna's mum died one year ago and she still finds it difficult to understand why. She feels that it may be 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 her mum.

Everything Changed: a book for children affected by suicide

by Mia, Robin and Jasper Scally

A book written by two children whose dad died by suicide. Robin and Jasper discuss the challenges they faced that were unique to each of them, and the challenges they had to face together. They also share their feelings, memories and what helped them move forward.

