



Suicide: Books, Resources & Help

Books

If you are suffering from poor mental health, reading books are often a good way to let you know you not alone and to validate your questions and emotions. Below are details of books available in the library (some can be requested from other libraries) that deal with the issues surrounding suicide and might help you cope with your feelings and emotions.

Fiction Books

13 Reasons Why by Jay Asher

Two weeks after Hannah commits suicide the boy who had a crush on her receives cassette tapes detailing the events and circumstances that led Hannah to take her own life.

Looking for Alaska by John Green

This book centres around a suicide among friends and the pressures of growing up. The book also addresses how the friends band together after the tragic event.

Wintergirls by Laurie Halse Anderson

This book addresses anorexia and self-destruction. Lia's internal struggles deter her from accepting help and sends her on a tragic path.

All the Bright Places by Jennifer Niven

Both Theodore Violet have suicidal thoughts and they support each other through the emotional roller coaster they experience. Some demons are too much and one of them takes their own life.

Romeo & Juliet by William Shakespeare

This classic play (also available as a graphic novel) addresses teen suicide for two young lovers who feels as if the entire world is conspiring against them.

The Pact by Jodi Picoult

The story of two families in anguish over a suicide pact between a teenage couple which leaves one of them dead and the other one on trial for murder.

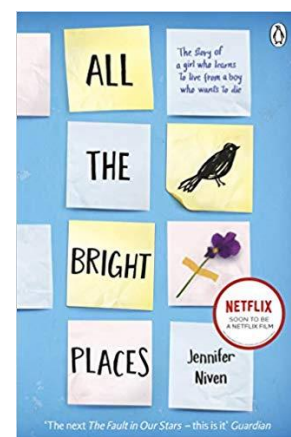
Information Books

The stranger on the bridge: my journey from suicidal despair to hope by Jonny Benjamin

This memoir details the journey Jonny made to find the person who saved his life and how he continues to manage his own mental health.

Night falls fast: understanding suicide by Kay Redfield Jamison

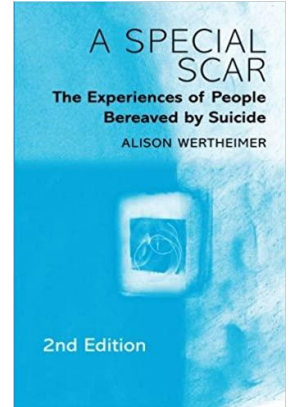
Confronts the silence and shame that surround the subject of suicide and provides a better understanding of the suicidal mind and a chance to recognize the person at risk.





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A special scar: the experiences of people bereaved by suicide by Alison Wertheimer
Looks at the stigma surrounding suicide and offers practical help for survivors, relatives and friends.



Suicide and self-injury edited by Tina Brand
Discusses the reasons why someone might commit suicide or harm themselves and how early intervention might help.

Leaflets (all available in the HWB Hub in the library)

- After a suicide - SAMH (www.samh.org.uk)
- Coping with suicidal thoughts – STOP suicide (www.stopsuicidepledge.org)
- Supporting someone who is suicidal – STOP suicide (www.stopsuicidepledge.org)
- Dealing with suicidal thoughts: an information leaflet – Outlook South West (www.outlooksw.co.uk)
- Support after a suicide – Survivors of Bereavement by suicide (www.uksoobs.org)
- Finding the words: how to support someone who has been bereaved and affected by suicide – Support after suicide partnership (www.supportaftersuicide.org.uk)
- How to cope with suicidal feelings – Mind (www.mind.org.uk)

Finding help

It can be difficult to pick up the phone, but reach out to someone and let them know how you are feeling:

The Samaritans www.samaritans.org Call 116 123
24 hours a day, 7 days a week. If you are worried about being overheard on the phone, email jo@samaritans.org

Childline www.childline.org.uk Call 0800 1111
Helpline for children and young people in the UK. The number won't show up on a phone bill

Papyrus www.papyrus-uk.org Call 0800 068 4141
Voluntary organisation supporting teenagers and young adults who are feeling suicidal

Breathing space www.breathingspace.scot Call 0800 838587
Website and phone service for anyone experiencing low mood, depression or anxiety

Young minds www.youngminds.org.uk For urgent help text YM to 85258

Students against depression www.studentsagainstdepression.org
Website for students who are depressed, have a low mood or are having suicidal thoughts