

Suicide Prevention

Books available at the Columbus Metropolitan Library

FICTION

This Song Will Save Your Life by Leila Sales, 2013. Teen Fiction SALES

After a failed suicide attempt, sixteen-year-old Elise pursues her passion for disc-jockeying and learns about herself and the people around her. This book was one of the nominees for the Teen Top Ten books for 2013, sponsored by the Young Adult Library Services Association. (Grades 6-8)

Forgive Me, Leonard Peacock by Matthew Quick, 2013. Teen Fiction QUICK

This book takes place during one day of a teenage boy's life as he says goodbye to the four people that matter most to him as he contemplates suicide. (Grade 8)

Karma: A Novel in Verse by Matthew Quick, 2013. Teen Fiction QUICK

This book takes place during one day of a teenage boy's life as he says goodbye to the four people that matter most to him as he contemplates suicide. (Grade 8)

NONFICTION

When Dinosaurs Die by Laurie Krasny Brown and Marc Brown, 1996. j155.937 B878w

A guide for children to understand death. Written to define death for children and explore some of the feelings that are associated with loss including sadness, worry, and anger. Briefly discusses the concept of suicide. Written and illustrated by Marc Brown, author of the popular Arthur series of books. Includes a glossary of terms associated with death. (Grade 3)

My Kind of Sad by Kate Scowen, 2006. j616.8527 S432m

Chapter nine is devoted to the concept of suicide as it relates to depression in youth. Begins with an anecdote and includes statistics on teen suicide. Lists warning signs and trigger factors to watch out for in friends and siblings. (Grades 6-8)

Mother Poems by Hope Anita Smith, 2009.

j 811 S649m

This is a book of poems that specifically deals with the loss of a mother. It is not specifically geared toward suicide but the poems could offer some solace or understanding if a parent has committed suicide. It is simplistic and could be helpful for younger children to cope with the loss. (Grades 3-8)

The Power to Prevent Suicide by Richard E. Nelson, PhD & Judith C. Galas, 2006. j616.858445 N429p

The subtitle of this book is "A Guide for Teens Helping Teens" and is intended to assist teens with strategies to become a suicide preventer. With the skills learned in this book, teens will be able to see warning signs and assess the danger of the situation with their friends. There are also websites and phone numbers listed for different crisis assistance organizations. (Grade 8)

The Truth about Fear and Depression by Mark J. Kittleson (ed.), 2005.

j616.852 D396t

This book contains many chapters on different issues that teens face concerning fear and anxiety and depression. There is a segment on suicide in the depression section. Covers the emotional, social and physical impacts of the disorders. (Grade 8)

Self-Harm and Suicide by Jillian Powell, 2009.

616.8582 P884s

This book talks about self-destructive behaviors and suicide and how they are related. There are chapters on warning signs, risk factors, coping strategies, and treatments. The book includes a glossary and puts new vocabulary in bold type so that readers know it is included in the glossary. The main focus is recovery and getting help. (Grades 5-8)

What To Do When You're Cranky & Blue by James J. Crist, 2014.

j 616.928527 C933w

Originally published as "What to Do When You're Sad & Lonely," this edition focuses on how to handle sad feelings as a child. There is a chapter titled: "When You Feel Like Giving Up on Life (Suicide)" that broaches the subject of suicidal feelings in children and how to cope. (Grades 5-8)

Teen Suicide by Heidi Williams (ed.), 2009.

616.858445 T2582

This book is a compilation of a variety of essays on adolescent minority groups at a higher risk of suicide than their peers. Some of the groups included here are gay teens, Native American teens, and young, unmarried soldiers. Includes articles on cyberbullying and how that can lead to teen suicide. (Grade 8)

Suicide by Ron Salomon, 2007.

616.858445 S174s

Explores the cause of suicidal behavior and how to address those behaviors before a suicidal act can be committed. A medical and psychological approach to combatting suicide. Also includes a chapter on "Anxiety and Suicide" as well as "Living with being Different." (Grade 8)

Hello, Cruel World by Kate Bornstein, 2006.

616.858445 B736h

The subtitle of this book is "101 Alternatives to suicide for teens, freaks, and other outlaws." This book is a self-help guide for adolescents dealing with suicidal tendencies. Bornstein's book is specifically geared toward minorities and sexual minorities. (Grade 8)

Eight Stories Up by Dequincy A. Lezine, 2008

616.858445 L686e

This is the story of an adolescent who chooses hope over suicide. It reads as an autobiography and gives an account of the adolescent's life and the factors which led to his suicidal behavior. We then get to hear his story of getting help and then his journey of recovery. (Grade 8)