



Resource List: Suicide

Focus on the Family is committed to helping families thrive throughout life's joys as well as heartrending trials. The topic of suicide is certainly one of the most difficult, sad, and challenging issues. Families, work groups, school systems, and communities can be left reeling as they mourn such a loss.

The materials suggested here can serve as conversation-starters and tools for healing. Whether someone is talking to their child about tragedy, going through personal grief, or seeking individual hope, we trust these recommendations will be helpful during a time of tender need.

Included

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Focus on the Family's Alive to Thrive Program

Alive to Thrive: A Biblical Guide to Preventing Teen Suicide

This program explores the social, psychological, and spiritual aspects of suicide. It's written by Christian clinical experts and is designed to help parents, youth workers, ministry leaders, and teachers understand how suicide is a profoundly spiritual issue. *Alive to Thrive* also features videos of church workers, healthcare providers, and young people discussing their own struggles with suicidal thoughts and how the Bible provides clarity and comfort in a turbulent and confusing world.

- **Website:** AliveToThrive.FocusOnTheFamily.com
- **Ebook:** [Alive to Thrive: A Biblical Guide to Preventing Teen Suicide](http://AliveToThrive.FocusOnTheFamily.com) [bit.ly/2Fciuup]

Books for Parents

A Relentless Hope: Surviving the Storm of Teen Depression by Gary Nelson (2007) • 9781556353093 •

Nelson offers compassionate, practical help for questions and concerns related to teen depression. The book "is written for teens, parents, teachers, pastors, and any who walk with the afflicted through this valley of the shadow of death."

Children and Grief: Helping Your Child Understand Death by Joey O'Connor (2004) • 9780800759766 •

Learn to support your child through the questions, emotions, and struggles that death and loss inevitably bring. O'Connor, a grief recovery specialist, explains how to provide a sense of security in the midst of disorienting events and emotions.

Is Your Teen Stressed or Depressed? by Dr. Arch Hart and Dr. Catherine Hart Weber (2008) • 9780785289401 •

“A Practical and Inspirational Guide for Parents of Hurting Teenagers”

It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life by H. Norman Wright (2004) • 9781578567591 •

When a child experiences loss, whether it be small (a broken toy) or traumatic (the death of a friend or family member), they need to know it's okay to cry. Wright's advice equips you to assist those you love grieve and heal.

No More Bullies: For Those Who Wound or Are Wounded by Frank Peretti (2003) • 9780849943362 •

Peretti describes the emotional pain and physical abuse he endured at the hands of his classmates—and he offers encouragement to those who have been hurt. He also counsels those who've wounded others, and he advises parents and teachers about preventing bullying.

The Reason by Lacey Sturm (2014) • 9780801016738 •

“With raw vulnerability, this hard rock princess tells her story of physical abuse, depression, suicidal struggles, and more—and her ultimate salvation. She asks the hard questions—*Why am I here? Why am I empty? Why should I go on living?*—showing that beyond the temporary highs and soul-crushing lows is a reason each of us exists and a purpose for our lives.”

Books for Families

Aftershock by David Cox and Candy Arrington (2003) • 9780805426229 • (not currently available through Focus on the Family)

“Help, Hope, and Healing in the Wake of Suicide”

Grieving a Suicide: A Loved One's Search for Comfort, Answers and Hope by Albert Y. Hsu (2002) • 9780830844937 •

“After his father's death, Hsu wrestled with intense emotional and theological questions surrounding suicide. While acknowledging that there are no easy answers, he draws on the resources of the Christian faith to point suicide survivors to the God who offers comfort in our grief and hope for the future.”

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Standing in the Shadow: Help and Encouragement for Suicide Survivors by June Cerza Kolf (2002) • 9780801063954 •

Find gentle understanding and scriptural truth as you work through issues such as forgiveness, depression, guilt, anger, mourning, and acceptance.

Too Soon to Say Goodbye: Healing and Hope for Victims and Survivors of Suicide by Susan Titus Osborn, Karen Kosman, and Jeenie Gordon (2010) • 9781596692435 •

Whether you've lost a loved one to suicide or have thought about taking your own life, there's hope to overcome the darkness.

When Your Family's Lost a Loved One: Finding Hope Together by David Guthrie and Nancy Guthrie (2008) • 9781589974807 •

When your family's lost a loved one, reminders are everywhere—a silent crib, an unused pillow ... There's no avoiding the pain, and each family member will grieve in their own way. But it *is* possible to find hope, joy, and unity again. Sharing from their personal journey through loss, the Guthries offer practical, compassionate help.

Books for Teens

Life, in Spite of Me: Extraordinary Hope After a Fatal Choice by Kristen Anderson (2011) • 9781601423825 •

Recounting her survival of a suicide attempt, Anderson shares how her faith in God helped her overcome severe depression and shame, as well as the challenges of permanent physical disability.

My Friend Is Struggling With Thoughts of Suicide by Josh McDowell and Ed Stewart (2008) • 9781845503574 • (not currently available through Focus on the Family)

Find “biblical insight and practical instruction on what your friends can do when plagued with thoughts of ending it all. But more importantly, you will discover how to become a true source of help and encouragement to lift them from discouragement and despair ... And if *you* are that person struggling with despair, you can learn how to find that light at the end of the dark tunnel you seem to be in.”

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Broadcasts

Finding Hope After My Darkest Day (Kristen Anderson) • 9781624713903 •

Anderson shares her testimony of surviving a suicide attempt and losing her legs in the process. She recounts coming to faith in Christ, and she talks about what parents can do to reach out to depressed teens.

Finding Hope Again (Kay Warren) • 2350000012816 •

Warren explores what makes people susceptible to suicidal thoughts. Life *is* hard, but we can learn to be resilient. Focus on what Jesus did for us on the cross, seek comfort in Him, and stand strong until we see Him.

Finding Strength in the Struggles of Life (Jim and Jean Daly) • 9781624713156 •

Jean Daly, wife of Focus on the Family’s president, Jim Daly, describes being so devastated by her brother’s suicide that she wished for death, too. Although she still struggles, she can see how God used trying circumstances to strengthen her faith.

How God Saved Me From Suicide (Lacey Sturm) • 2350000009984 •

Sturm, former lead singer with hard rock music group Flyleaf, talks about her difficult early years. She lost faith in God, embraced despair, and by age 16 was ready to commit suicide. But the Lord intervened and brought her to Himself. She is now married with children, and she ministers to the music, skateboarding, and art culture.

Understanding Teen Depression and Suicide (Dr. Gregory Jantz) • 2350000011307 •

Jantz discusses characteristics of normal teen behavior and warning signs. He shares the progression from depression to suicide, how parents can know when to get professional help, and where to find support. He also talks about the importance of teens having a healthy identity, and he reminds parents of the tremendous impact they have on their children.

Focus on the Family E-Booklets, Info Sheets, and Q&As

Parenting in the Midst of Tragedy [bit.ly/2C9lzal]

Understanding and Coping With Trauma [bit.ly/2FhVrOw]



[Dealing With Death](https://bit.ly/2VDQqEe) [bit.ly/2VDQqEe]

[Helping Bereaved Parents](https://bit.ly/2CcSRpo) [bit.ly/2CcSRpo]

[Scripture References on End of Life](https://bit.ly/2LXxixm) [bit.ly/2LXxixm]

Q&As

- focusonthefamily.com/family-q-and-a
Browse our Q&As for advice and encouragement:
- [Concerns About Adolescent Suicide](#)
- [Depression and Suicide: Risk Factors and Warning Signs](#)
- [Faith and Suicide Among Teens and Young Adults](#)
- [Grandparents Fear That Teen May Be Suicidal](#)
- [Parent Afraid to Express Concerns About Possible Teen Suicide](#)
- [Parents Dealing With Grief After Adolescent Child's Suicide](#)
- [Preventing Teen Suicide](#)
- [Reaching Out to Someone Who Has Lost a Loved One Through Suicide](#)
- [Substance Abuse and Adolescent Suicide](#)
- [Suicide, Heaven, and Eternal Destiny](#)
- [Talking to Kids About Child Suicide](#)
- [Talking to Kids About the Suicide of an Adult Relative](#)
- [Talking to Teen About Suicide of Friend or Acquaintance](#)
- [Teen Has Suicidal Friend](#)
- [Teen Suicide: Intervention Strategies](#)
- [Teen Thinking About Suicide](#)
- [Teenage Depression and Suicide](#)
- [Warning Signs of Teen Suicide](#)

Focus on the Family
Webpages, Articles, & Resource Lists

Facing tragedy

- focusonthefamily.com/tragedy
We want to help you with your grief, give parents tools to help their children cope, and show you how to help those in your community find a way to process what has happened. This area of our website houses resources for understanding trauma, parenting children through trauma, and helping others.

Other helpful articles through focusonthefamily.com:

- [After the Fact: Healing From a Friend's Suicide](#)
- [Coping With Death and Grief](#)
- [How to Help Your Child Grieve](#)
- [Lighting the Way: Being There for Your Suicidal Friend](#)
- [When You Feel Hopeless](#)

Resource Lists

- focusonthefamily.com/family-q-and-a/resources-and-referrals
Find recommended resources and referrals listed by topic, including the following:

[Comfort & Encouragement](#) • RL003 •
[Grief & Loss](#) • RL045 •

[Grieving the Loss of a Child](#) • RL045B •
[Helping Children Through Grief](#) • RL045A •
[Pro-Life Advocacy & Encouragement](#) • RL001A •
[Social Issues](#) • RL008 •

Referrals

Focus on the Family Counseling Consultation Line

Focus on the Family offers a free phone counseling consultation with a licensed counselor. They're here to listen and pray with you, as well as provide initial guidance and resources to help you and your family. Phone 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT) to arrange a call back.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

American Association of Suicidology

5221 Wisconsin Avenue, NW
Washington, D.C. 20015
202/237-2280
suicidology.org

- This organization promotes "the understanding and prevention of suicide and support those who have been affected by it."

GriefShare

P.O. Box 1739
Wake Forest, NC 27588
800/395-5755
griefshare.org

- GriefShare provides materials for churches to facilitate grief recovery support meetings, and they help individuals connect with local groups.

The Hope Line (Dawson McAllister)

800/394-4673—Phone
800/273-TALK (8255)—Crisis Hotline
thehopeline.com

- This comprehensive youth resource ministry hosts a national radio show and offers help to hurting teens.

The Jason Foundation

18 Volunteer Drive
Hendersonville, TN 37075
888/881-2323—Phone
800/273-TALK (8255)—Crisis Hotline
jasonfoundation.com

- "The Jason Foundation, Inc., is dedicated to the prevention of the 'Silent Epidemic' of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth."

National Suicide Prevention Lifeline

800/273-TALK (8255)—Crisis Hotline
suicidepreventionlifeline.org

- "The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week."

Reaching You Ministries

P.O. Box 56

Lake Villa, IL 60046

reachingyouministries.com/Contact_Us.html—email

reachingyouministries.com

- Kristen Anderson's group works to "reach the hurting, the hopeless, the lost, the suicidal and the depressed with the life transforming hope and leadership offered to us in Christ."

SAVE (Suicide Awareness Voices of Education)

8120 Penn Avenue South

Suite 470

Bloomington, MN 55431

800/273-TALK (8255)—Crisis Hotline

save.org

- "SAVE focuses its efforts and resources on six main program areas: public awareness, education, training and consulting, grief support, products and resources, and research and innovation."

Survivors of Suicide

survivorsofsuicide.com

- "The purpose of the Survivors of Suicide website is to help those who have lost a loved one to suicide resolve their grief and pain in their own personal way."

Yellow Ribbon Suicide Prevention Program

P.O. Box 644

Westminster, CO 80036

303-429-3530—Phone

800/273-TALK (8255)—Crisis Hotline

yellowribbon.org

- This community-based program "is dedicated to preventing suicide and attempts by making suicide prevention accessible to everyone and removing barriers to help by empowering individuals and communities through leadership, awareness and education; and by collaborating and partnering with support networks to reduce stigma and help save lives."

Referrals to secular organizations dealing with specialized areas of knowledge shouldn't be read as an indication that their stances necessarily align with Focus on the Family's perspective in all areas.