

SUGGESTED BOOKS AND INFORMATION

People often find it helpful to read about how grief may affect them, and how others have coped in similar situations. There are lots of books and information available in hard copy and on the internet. These are a few that past clients of StandBy found useful.

Grief and loss

- Coping with grief – McKissock, Mal & Dianne
- Surviving the pain – Appleby, M
- I will remember these things forever – Edwards, J & Rotaru, N
- Balloons for Trevor – Good Cave, Anne
- How to cope with losing someone you love – Grollman, Earl A
- No time for goodbyes – Harris Lord, Janice
- Eternity and me – Kellehear, Allan (PhD)
- When bad things happen to good people – Kushner, Harold
- Will I survive this pain? – Manning, Doug
- Nothing prepared me for this – Jesuit social services Australia

Aboriginal

- Aboriginal loss, grief and mental health – Wanganeen, R
- Aboriginal suicide is different – Tatz, C

Men

- When a man faces grief; A man you know is grieving – Miller, J & Golden, T
- The cost of silence – Jesuit social services Australia

Children

- The grief of our children – McKissock, Dianne
- The colours of grief – DiCiaccio, Janis
- Siblings grieve too – McGrath, Eileen

MindFrame	www.mindframe-media.info
SANE Australia	https://www.sane.org
Suicide Call Back Service	https://www.suicidecallbackservice.org.au
Men's Line	https://www.mensline.org.au
Qlife	https://qlife.org.au
GriefLink	www.grieflink.asn.au
Reach Out	www.reachout.com.au
Kids Help Line	www.kidshelpline.com.au
Carers Australia	www.carersaustralia.com.au