

# 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	<a href="http://www.mindframe-media.info">www.mindframe-media.info</a>
SANE Australia	<a href="http://www.sane.org">www.sane.org</a>
Suicide Call Back Service	<a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
Men's Line	<a href="http://www.mensline.org.au">www.mensline.org.au</a>
Qlife	<a href="http://www qlife.org.au">www.qlife.org.au</a>
GriefLink	<a href="http://www.grieflink.asn.au">www.grieflink.asn.au</a>
Reach Out	<a href="http://www.reachout.com.au">www.reachout.com.au</a>
Kids Help Line	<a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
Carers Australia	<a href="http://www.carersaustralia.com.au">www.carersaustralia.com.au</a>

