



# After the Suicide: Helping the Bereaved to Find a Path from Grief to Recovery

*Einar Plyhn, Gudrun Dieserud, Kari Dyregrov*

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\*Highly Commended in the Health and Social Care category at the 2012 British Medical Association Book Awards\*

Those left behind in the wake of suicide are often plagued by unanswered questions and feelings of guilt. Helping them to understand why the suicide happened, how suicide survivors commonly react and cope, and where they can find support can help them move forwards on their path from grief to recovery.

Drawing on the testimonies of suicide survivors and research into suicide bereavement, this book provides those working with the bereaved with the knowledge and guidance they need. It covers common grief and crisis reactions, including those specific to children and young people, how suicide bereavement differs from other forms of bereavement, and how others have coped and been supported. It also addresses how the bereaved can move on, including advice on support networks including friends, family, professionals and other bereaved people.

This book will be invaluable to all those supporting those who have been bereaved by suicide, including counsellors, bereavement support workers, social workers, and psychologists.

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