In her memoir, *Matt's Last Call: Surviving Our Protectors*, Julie Zielinski recounts the unexpected death of her son by suicide in 2005. She divides the book into three parts. In the opening chapters, Zielinski recounts Matt's life story, allowing readers to get a vivid sense of who Matt was starting from the young athlete with a passion for hockey to the teenager who jumped at the opportunity to enlist in the U.S. Marine Corps as soon as he was eligible. In addition to her own memories of her son, Zielinski incorporates anecdotes from friends, relatives, and Matt himself, which provides a multidimensional picture of the person he was and the lives that he touched.

Matt's suicide comes seemingly out of nowhere in the book, which illustrates the profound shock that the Zielinski family faced upon receiving the tragic news of his sudden death. In the immediate aftermath, Zielinski and her family grapple with a flood of emotions and questions, searching for some form of explanation. Zielinski emphasizes the role of her family's Christian faith as a source of solace and a means of coping with their loss. While religion is a consistent theme throughout the book, Zielinski's story highlights experiences that will likely resonate with readers across many faiths.

In Part II of the book, Zielinski addresses suicide as a public health crisis, identifying numerous subsets of the population ranging from U.S. service members to bullying victims that are at elevated risk for suicide death. Increasing suicide rates in these groups have gained notable attention both in the clinical arena and in the popular media in recent years. Zielinski acknowledges these trends by providing readers with a concise review of specific suicide risk factors, outlining resources for those who are interested in seeking help or additional information, and identifying barriers to care (e.g., stigma) for vulnerable individuals with a call to action at the individual and community levels.

In the final chapters, Zielinski closes with contributions from Matt’s other family members and friends, leading the memoir to come full circle. Earlier in the book, Zielinski notes that reports of suicide in the media tend to focus almost exclusively on the decedent’s death, with little attention devoted to the person’s life and who they were when they were alive. While the urgent problem of suicide warrants attention both in the field of mental health and at the community level, the stories of the individuals who are affected by this tragedy are often lost in the statistics. Zielinski presents relevant statistics in a useful, meaningful way with the potential to empower her readers, and her personal story ensures that they will also come away with a well-rounded sense of who Matt was when he was alive, in addition to the events surrounding his death.