The Suicide Survivor’s Club
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There are many books written by survivors of suicide, which is why AAS has so many of the best reviewed on our website. Every book has a specific audience, one size does not fit all, but the ground breaking set of beautiful little books, The Suicide Survivors’ Club, doesn’t fit a mold, and is wonderfully suitable for all audiences.

A collection of five short, illustrated books make up the grouping, each entitled by its specific author. “Pattie” is the college freshman who after only one month of college is summoned home after her father takes his life. That first traumatic night she sleeps with her mother, but soon discovers she wants to “sort of run away from my family.” In her mother “Becky”’s book, the shattered parent confesses she wanted Pattie to become an adult overnight and help her, but that was not her role.

The two young sons’ books similarly are autobiographical accounts of their early experience after their dad’s death. Will is only five-years-old, and doesn’t feel like he really lost a dad, instead he lost the chance of knowing him. Aidan is in second grade and discovers some of his classmates have been told by their parents that his father died in a car accident. Aidan tells them the truth.

The mother’s story is written in two short books, one as Becky, and one as a parent of suicide survivors. Becky wisely has her entire family in therapy shortly after her husband Don’s death, and participates in filial (play) therapy with them. In one touching recount, her five-year-old makes life rafts for each family member out of popsicle sticks.

The lovely books are filled with watercolor artwork, expressing both heaven and hell, gloom and sunnier days. At the end of one book, says daughter Pattie, “It feels like we’re finally through it.” I liked how she said that; not we’re finally over it, just through the storm. A couple of the books express that the second year was a real struggle, a helpful caveat to survivors.

The best part about these books is that they were written ten years after the family’s horrific loss. While every survivor of suicide has a book to write, a story to tell, it’s often written too soon and with out the hope and healing that comes from time. Specifically, time well spent. These books show you how to do it, and will become a go-to when I recommend books for survivors.