

**Escape. Connect. Relate.**

# **Suicide & Assisted Suicide**

Suicide is the act of ending one's own life voluntarily and intentionally.

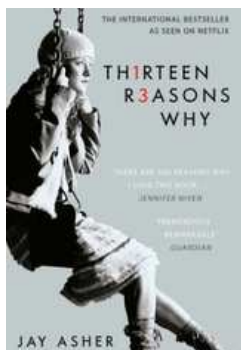
Assisted suicide is suicide effected with the assistance of another person, especially the taking of lethal drugs provided by a doctor for the purpose by a patient suffering from a terminal illness or incurable condition.





# ECR Suggested Reads

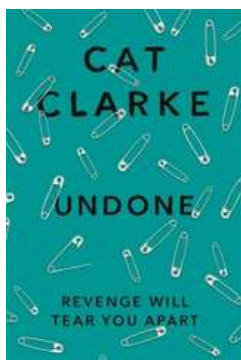
Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



## **Thirteen Reasons Why, by Jay Asher**

Clay Jensen returns home from school to find a mysterious box. Inside he discovers 13 cassette tapes recorded by Hannah- who committed suicide two weeks earlier. On tape, Hannah explains that there are thirteen reasons why she did what she did - and Clay is one of them. If he listens, he'll find out how he made the list - and it'll change Clay's life forever.

**S3+**



## **Undone, by Cat Clarke**

Jem Halliday is in love with her gay best friend. Kai is outed online... and he kills himself. Jem knows nothing she can say or do will bring him back. But she wants to know who was responsible and she wants revenge.

**S3+**



## **We Are Young, by Cat Clarke**

At her mother's wedding, Evan struggles with the idea of being replaced by acting out and behaving badly. The next day a horrific car crash involving four teenagers leaves only one of them alive, and this is Evan's new stepbrother, Lewis. But this crash is not how it appears to be on the surface.

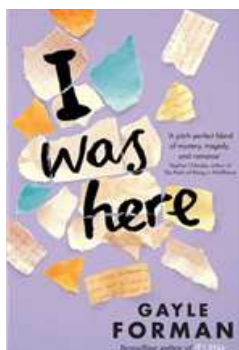
**S3+**



## **The Weight of a Thousand Feathers, by Brian Conaghan**

Bobby's mum has MS. Her symptoms are getting worse, she is in constant pain and Bobby has to deal with it all. When his teacher puts him forward for a support group for other carers in his situation, he quickly benefits from the encouragement of the others, especially when he is stretched to the limit by his mum's demands. After all, he would do anything for her, and she knows it.

**S3+**



### **I Was Here, by Gayle Forman**

This powerful novel follows eighteen-year-old Cody Reynolds in the months following her best friend's shocking suicide. As Cody searches for answers as to why Meg took her own life, she begins a journey of self-discovery and forces her to question not only her relationship with Meg, but her own understanding of life, love, death and forgiveness.

**S3+**



### **Follow Me, by Victoria Gemmell**

17-year-old Kat has been devastated by the loss of her twin sister, Abby, the most recent of five teenagers to have died in the town of Eddison, all within a year. No-one seems able to explain the circumstances surrounding her death. Kat begins to realise how little she knew about her sister's life. Kat needs answers..

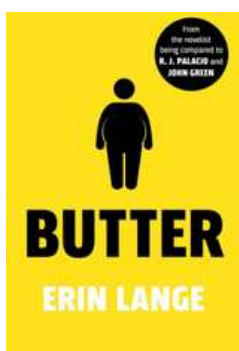
**S3+**



### **The Midnight Library, by Matt Haig**

Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices . . . Would you have done anything different, if you had the chance to undo your regrets?"

**Senior**



### **Butter, by Erin Lange**

I can't take another year in this fat suit, but I can end this year with a bang. If you can stomach it, you're invited to watch ...as I eat myself to death. . Prepare to gasp, laugh and cry at one boy's journey from lonely outcast to toast of the school as he nears his dreadful deadline.

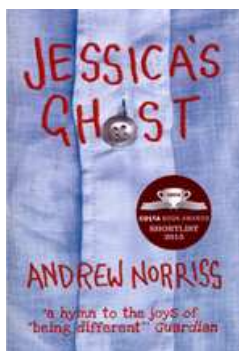
**S3+**



### **All The Bright Places, by Jennifer Niven**

Theodore is fascinated by death, and he constantly thinks of ways he might kill himself. But each time, something good, no matter how small, stops him. Violet lives for the future, days until graduation, when she can escape her Indiana town and her aching grief in the wake of her sister's recent death. When Finch and Violet meet, it's unclear who saves whom.

**S3+**



### **Jessica's Ghost, by Andrew Norriss**

Francis has never had a friend like Jessica before. She's the first person he's ever met who can make him feel completely himself. Jessica has never had a friend like Francis before. Not just because he's someone to laugh with every day -but because he's the first person who has ever been able to see her ...Jessica's Ghost is a funny, moving and beautiful book about the power of friendship.

**S1+**

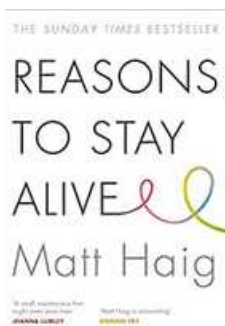


### **The Last Days of Archie Maxwell, by Annabel Pitcher**

Dads leave home all the time. It's not that unusual, really. Jack's dad ran off with another woman. So did Mo's. But Archie's? That's a different story - a story Archie must keep to himself. If Tia found out, let alone his mates, his life would be over. But other people are guarding much deeper secrets of their own, secrets that will change the course of Archie's days for ever

**S3+ Dyslexia Friendly**

## **Information Books**



### **Reasons to Stay Alive by Matt Haig**

This is the true story of how Matt Haig came through crisis, triumphed over a mental illness that almost destroyed him and learned to live again. Moving, funny and joyous, Reasons to Stay Alive is more than a memoir. It is a book about making the most of your time on earth.

**S3+**



# Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

Campaign Against Living Miserably (CALM) is an organisation working to prevent suicide in Men. Helpline and Webchat support available  
**[www.thecalmzone.net](http://www.thecalmzone.net)**

Childline- Helpline for young people to discuss any problems or concerns

**<https://www.childline.org.uk>**

MIND- works to create a better life for everyone with experiences of mental distress.

**<https://www.mind.org.uk>**

Papyrus - support for young people, their friends and parents if they feel suicidal

**<https://papyrus-uk.org>**

Young Minds- Advice for young people about what to do when they have problems that are worrying them. Young minds is the leading UK charity committed to improving the mental health and emotional wellbeing of children and young people and empowering their parents/carers

**<https://www.youngminds.org.uk>**