

Debut picture book drawing on lived experience with family suicide

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Elegy

for an
Elephant

10 September 2023: Ryan Abramowitz, debut author and illustrator has self-published a picture book titled *Elegy for an Elephant* (EFAE), inspired by the passing of his father to suicide to time with World Suicide Awareness Day (10 September). The book chronicles his family's experience in processing the complexity of post-suicide grief and was designed as a support resource for kids aged 7+ similarly navigating these life events. The book will also be made available as a tool for clinicians, parents, and schools to aid in addressing this challenging subject matter.



"I struggled to come to terms with my father's decision to end his life and felt that a picture book could help other grieving families in a similar position," Abramowitz said. "There is a clear shortage of suicide related literature and I was determined to create a book that is both a warm embrace during a tender time, and an outlet for honouring human connection."

[Watch Ryan's story here](#)



According to the Australian Bureau of Statistics 3144 deaths by suicide occurred in Australia in 2021, around 8-9 lives per day, with many more attempts yearly. At present, suicide is the leading cause of death for Australians aged 15-44 (Australian Institute of Health and Welfare) with the median age of death by suicide being 44.8 years, compared to 82.0 years for all causes of death (ABS).

"By donating 18% of profits to mental health services including Lifeline, Movember and Support After Suicide Services, I hope to help those mourning to feel seen and supported in their darkest hour." Ryan said.

About the author:



Ryan Abramowitz is a Melbourne based artist, writer and storyteller who draws inspiration from the natural world. He has worked in marketing, brand experience and communications across corporate, freelance and not-for-profit settings, and runs a business 'Today Tomorrow Forever' in which he creates wedding certificates and other bespoke artwork that celebrates life milestones.

Ryan is available for interviews, articles and writers festivals.

PDFs or review copies are available upon request.

Elegy for an Elephant is available online at and in all good bookstores.

Visit: <https://narrativesofnature.com>

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Praise for EFAE, Launch and Exhibition details

PRAISE

"A brave work that deserves the widest possible readership. It deals with the trauma of losing a loved one to suicide with a lightness and a poignancy that renders it both deeply moving and richly uplifting. The illustrations are delicate and luminous, it is a beautiful work."

- Matt Ottley, author-illustrator of
The Tree of Ecstasy and Unbearable Sadness.

"Young griever, and those of all ages, dealing with the painful, confusing, loss of a loved one to suicide, will feel gently held and supported by Ryan's thoughtful words. On each page exquisite illustrations drawn from the natural world unfold, inviting the reader to breathe into the possibility of healing and hope for the future."

- Dr Diana Sands PhD, Director of Centre for Intense Grief, and
Author of **Red Chocolate Elephants for Children Bereaved by Suicide**
writes

BOOK LAUNCH DETAILS

Elegy for an Elephant Book Launch

When: Sunday, 10th September 2023

Where: Brightspace Gallery,
8 Martin Street, St Kilda

Exhibition dates:

The elephant's migration across picture book plains

From September 11-23, 2023

Gallery Opening Hours:

Wednesday – Friday: 11am – 5pm

Saturday: Midday – 4pm

Sunday – Tuesday: Closed

Contact: 03 9593 9366 | 0423 225 182

Email: narrativesofnature@gmail.com

Visit: <https://narrativesofnature.com/exhibition/>

