"Words are, of course, the most powerful drug used by mankind."

RUDYARD KIPLING
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Anxiety  Mental Health  Stress
Bildungsroman  OCD  Suicide
Bullying  Personal Appearance  Trauma
Depression  PTSD
Eating disorders  Self perception
Family violence  Sexual assault

Online resources

Reachout  https://au.reachout.com/


Beyond Blue  https://www.beyondblue.org.au/
Headspace
https://www.headspace.org.au/

Eating Disorders Victoria
https://www.eatingdisorders.org.au/

Mental Health Compass – Youth

How far is too far?

DVIRC

Podcasts – Mental health and relationships

Dealing with depression in relationships

Dating when you live with Bipolar
http://www.abc.net.au/radio/programs/the-hook-up-podcast/bipolar/9907898
Non-fiction

Mental Health (General)

Mental Health 101
The A to Z of Understanding Our Health and Well-being
2018 616.89 MENT
Self-harm, drug-induced psychosis, eating disorders and radicalisation are no longer just isolated water-cooler discussions. They don't happen to other people's children, they happen to ours. Mental Health 101 provides parents with everything they need to know about mental health...

Being a Happy Teen
by Andrew Matthews
Do you ever feel, No one understands me! Do you ever wonder, Will I fall in love? Do you ever ask Am I normal? If you answer yes to any of the above, you sound perfectly normal. You will also find this book useful!

Prozac Nation
Young and Depressed in America
by Wurtzel, Elizabeth, 1995

An Unquiet Mind
by Jamison, Kay R., 1995

Impulse-control Disorders
by Libal, Autumn, 2014
(128 p., Gr. 7-8) For some people, the thoughts associated with the desires to steal, gamble, or burn things occur often and become uncontrollable. This...Show more

365 Days of Wonder
By Palacio, R. J

Beyond Texting: The Fine Art of Face-to-Face Communication for Teenagers
by Debra Fine

Out of Order
Young Adult Manual of Mental Illness and Recovery : Mental Illnesses, Personality Disorders, Learning Problems, Intellectual Disabilities & Treatment and Recovery
by Carlson, Dale, 2013
Bipolar - NF

Madness : A Bipolar Life

By (author) Marya Hornbacher
A searing, unflinching and deeply moving account of Marya Hornbacher's personal experience of living with bipolar disorder.

From the age of six, Marya Hornbacher knew that something was terribly wrong with her, manifesting itself in anorexia and bulimia which she documented in her bestselling memoir 'Wasted'. But it was only eighteen years later that she learned the true underlying reason for her distress: bipolar disorder.

In this new, equally raw and frank account, Marya Hornbacher tells the story of her ongoing battle with this most pervasive and devastating of mental illnesses; how, as she puts it, 'it crept over me like a vine, sending out tentative shoots in my childhood, taking deeper root in my adolescence, growing stronger in my early adulthood, eventually covering my body and face until …

Manic : A Memoir

By (author) Terri Cheney
An attractive, highly successful Beverly Hills entertainment lawyer, Terri Cheney had been battling debilitating bipolar disorder for the better part of her life--and concealing a pharmacy's worth of prescription drugs meant to stabilize her moods and make her "normal." In explosive bursts of prose that mirror the devastating mania and extreme despair of her illness, Cheney describes her roller-coaster existence with shocking honesty, giving brilliant voice to the previously unarticulated madness she endured. Brave, electrifying, poignant, and disturbing, Manic does not simply explain bipolar disorder--it takes us into its grasp and does not let go.
Lucky
by Alice Sebold
In a memoir hailed for its searing candor and wit, Alice Sebold reveals how her life was utterly transformed when, as an eighteen-year-old college freshman, she was brutally raped and beaten in a park near campus. What propels this chronicle of her recovery is Sebold's indomitable spirit - as she struggles for understanding ("After telling the hard facts to anyone, from lover to friend, I have changed in their eyes"); as her dazed family and friends sometimes bungle their efforts to provide comfort and support; and as, ultimately, she triumphs, managing through grit and coincidence to help secure her attacker's arrest and conviction. In a narrative by turns disturbing, thrilling, and inspiring, Alice Sebold illuminates the experience of trauma victims even as she imparts wisdom profoundly hard-won: "You save yourself or you remain unsaved."

The Sexual Trauma Workbook for Teen Girls
A Guide to Recovery From Sexual Assault & Abuse
by Lohmann, Raychelle Cassada, 2016
The Sexual Trauma Workbook for Teen Girls offers healing, real-life stories from survivors and powerful, evidence-based tools to help you reclaim your life after sexual abuse or trauma.

Sexual Violence
Hiber, Amanda - Editor, 2014

Dear Sister
Letters From Survivors of Sexual Violence, 2014

Rape and Sexual Assault
Healing and Recovery
by Klein, Rebecca T, 2013
Provides information on recovering from a rape or other sexual assault, including what happens after a victim reports the crime, how victims often cope with the trauma, and what care is required for healing and recovery.

Date Rape Drugs
by May, Suellen, 2011
Anxiety – NF

What Is Anxiety Disorder?
by Mooney, Carla, 2016
Explains what anxiety disorder is, what causes it, what it is like to live with the disorder, and how the disorder is treated.

The Anxiety Survival Guide for Teens
CBT Skills to Overcome Fear, Worry & Panic
by Shannon, Jennifer, 2015

Reasons to Stay Alive
By Haig, Matt, 2016

101 Ways to Conquer Teen Anxiety
Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks
by McDonagh, Thomas, 2016
Provides guidance for teenagers in managing anxiety in areas such as school, parents, and friends, describing strategies including meditation, mantras, and breathing.

The Anxiety Workbook for Teens
Activities to Help You Deal With Anxiety & Worry
Forty-two activities designed to help teens deal with anxiety, discussing how to change anxiety-producing thoughts, do breathing exercises, and develop problem-solving skills to help cope with the issue.

The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points
by Boyes, Alice, 2015

Anxiety and Phobias
by Iorizzo, Carrie, 2014
For Teens with Anxiety

How to Like Yourself
A Teen’s Guide to Quieting your Inner Critic & Building Lasting Self-esteem
by Bradshaw, Cheryl M., 2016
How to Like Yourself offers a quirky, inspiring, and practical guide to help you overcome feelings of self-criticism, improve self-esteem, and be the true star in your life.
Suicide - NF

I'm Suicidal, Now What?
by Peterson, Judy Monroe, 2016
Examines suicidal behavior in teenagers; describes suicide risk factors and warning signs, mental health issues, and outside pressures facing teens; and presents information on intervention, treatment, prevention, and support for survivors.

The Power to Prevent Suicide
A Guide for Teens Helping Teens
by Richard E. Nelson, Pamela Espeland, Judith C. Galas, Bev Cobain, 2006
When teens consider suicide, they often tell other teens—if not always directly, then in other ways. This book gives teens the information and insight they need to recognize the risk and respond appropriately. It spells out the warning signs, guides teens through the steps of reaching out to a friend, and explains when and how to seek help. It also suggests ways for teens to help themselves when they're feeling stressed or depressed.

Teen Suicide
John Woodward, book editor, 2005
Everyone agrees that teen suicide profoundly impacts families, schools, and society, but debate still rages over what causes it and how to prevent it. In this anthology, authors explore the psychological, societal, and physiological forces that may lead teens to commit suicide, as well as the most effective strategies for preventing it.

Hello, Cruel World
101 Alternatives To Suicide For Teens, Freaks, And Other Outlaws
by Bornstein, Kate, 2006

Understanding Suicide
A National Epidemic
by Goldsmith, Connie, 2017

Eight Stories up
An Adolescent Chooses Hope Over Suicide
by Lezine, DeQuincy A., 2008
Eight Stories Up offers hope to young people who are at risk of suicide, extending a lifeline of support and guidance that can save their lives. Examines common risk factors of suicide, including mental illness, substance abuse, and bullying, and discusses health care resources to help prevent suicide and coping strategies for those struggling in the wake of a loved one's suicide.

What Made Maddy Run
The Secret Struggles and Tragic Death of An All-American Teen
by Fagan, Kate, 2017
Depression – NF

When Nothing Matters Anymore
A Survival Guide for Depressed Teens
by Cobain, Bev

Monochrome Days
A Firsthand Account of One Teenager's Experience With Depression
by Irwin, Cait, 2007

Living With Depression
by Hand, Carol, 2014
For Teens with Depression

Depression
A Teen's Guide to Survive and Thrive
by Toner, Jacqueline B., 2016
A guide to using cognitive-behavioral principles to manage and overcome depression for teenagers includes information, self-reflection quizzes, and exercises.

Night Shift
by Gliori, Debi, 2017
A girl struggles to fight the dragon called depression. With black and white illustrations and deceptively simple text, author and illustrator Debi Gliori examines how depression affects one's whole outlook upon life, and shows that there can be an escape - it may not be easy to find, but it is there.

Trouble in My Head
A Young Girl's Fight With Depression
by Monaque, Mathilde, 2007
The author describes her experiences with severe depression as a teenager

Beyond the Blues
A Workbook to Help Teens Overcome Depression
by Schab, Lisa M., 2008
The 40 illustrated activities include helping teens be more assertive, finding ways to make friends, handling conflicts, and of course, dealing with sad

My Kind of Sad
What It's Like to Be Young and Depressed
by Scowen, Kate, 2006
Discusses depression, moodiness, and being young
Bullying – NF

Beyond Texting
The Fine Art of Face-to-face Communication for Teenagers
by Fine, Debra, 2014

Vicious
True Stories by Teens About Bullying
2012

Odd Girl Speaks Out
Girls Write About Bullies, Cliques, Popularity, and Jealousy
2004

Cornered
14 Stories of Bullying and Defiance
Belleza, Rhoda & Crutcher, Chris, 2012

An anthology of fourteen stories illuminates the experiences of being bullied in today’s world.

Flawd
How to Stop Hating on Yourself, Others, and the Things That Make You Who You Are
by Rigal, Emily-Anne, 2015

It Gets Better
Coming Out, Overcoming Bullying, and Creating A Life Worth Living
2012

A collection of original essays and expanded testimonials written to teens from celebrities, political leaders, and everyday people.

The Survival Guide to Bullying
Written by A Teen
by Mayrock, Aija, 2015
Written by a teenager who was bullied throughout middle school and high school, this kid-friendly book offers a fresh and relatable perspective on bullying.

Bullied Kids Speak Out
We Survived--how You Can Too
by Blanco, Jodee, 2015
Collects personal accounts from teenagers who have been bullied and describes how each person found the courage to stand up to their bullies and reclaim their lives.

Dear Bully
Seventy Authors Tell Their Stories
2011
Top YA authors share their experiences of being bullied and bullies.
Hey, Back Off!
Tips for Stopping Teen Harassment by Withers, Jennie, 2011
Offers tips, strategies, and explanations about what harassment is; discusses how the behavior originates from personality types; and examines how to deal with the harassers.

Letters to A Bullied Girl
Messages of Healing and Hope by Gardner, Olivia, 2008
One bullied girl, two sisters who cared, and thousands more who opened up their hearts.

To This Day
For the Bullied and Beautiful by Koyczan, Shane L., 2014
Born of Shane's own experiences of being bullied as a child, To This Day expresses the profound and lasting effect of bullying on an individual, while affirming the strength and inner resources that allow people to move beyond the experience.

Positive
Surviving My Bullies, Finding Hope, and Living to Change the World : A Memoir by Rawl, Paige, 2014
A teenager's memoir of the experiences of bullying, being HIV positive and surviving the experiences to become a force for positive change in this world.

Soul Searching
Written when the author was sixteen and updated to address the concerns of today's teens, Soul Searching brings girl power to the printed page by offering young women a clear path to self-discovery and empowerment.

Teen Cyberbullying Investigated
In Teen Cyberbullying Investigated, Judge Tom Jacobs presents a powerful collection of landmark court cases involving teens and charges of cyberbullying...
LGBTQ - NF

The Full Spectrum
2006
Original poems, essays, & stories by young adults exploring sexual issues.

The Letter Q
Queer Writers’ Notes to Their Younger Selves
2012
In this anthology, award-winning authors make imaginative journeys into their pasts, telling their younger selves what they would have liked to know then about their lives as LGBTQ people.

Alcoholism – NF

Wasted  A Story of Alcohol, Grief and A Death in Brisbane
By Muir, Elspeth, 2016
YA Fiction

Mental Health in YA Fiction

**Wild Awake**
by Smith, Hilary T., 2013

**The Drowning Girl**
by Kiernan, Caitlín R., 2012

**When Mr. Dog Bites**
by Conaghan, Brian, 2014

**Every Exquisite Thing**
by Quick, Matthew, 2016

**OCD, the Dude, and Me**
by Vaughn, Lauren Roedy, 2013

**The Bell Jar**
by Plath, Sylvia, 1999

**Fig**
by Schantz, Sarah Elizabeth, 2015

**Harmonic Feedback**
by Kelly, Tara, 2010

**Rogue**
by Miller-Lachmann, Lyn, 2013

**Rumble**
by Hopkins, Ellen, 2014

**Before My Eyes**
by Bock, Caroline, 2014

**Marcelo in the Real World**
by Stork, Francisco X., 2009
What Happens Next
by Clayton, Colleen, 2013

Perfect
by Friend, Natasha, 2004

Skin
by Vrettos, Adrienne Maria, 2006

Hunger
by Kessler, Jackie Morse, 2010

Stop Pretending
What Happened When My Big Sister Went Crazy
by Sones, Sonya, 1999

The Orange Houses
by Griffin, Paul, 2009

Me, Myself and Ike
by Denman, K. L., 2009

Inside Out
by Trueman, Terry, 2003

Cameron and the Girls
by Averett, Edward, 2013

Crazy
by Phillips, Linda Vigen, 2014

Footer Davis Probably Is Crazy
by Vaught, Susan, 2015

The Whole Story of Half A Girl
by Hiranandani, Veera, 2012
Impulse
by Hopkins, Ellen, 2008

The Chance You Won't Return
by Cardi, Annie, 2014

Suicide Notes
by Ford, Michael Thomas, 2008

The Impossible Knife of Memory
by Anderson, Laurie Halse, 2014

Tiny Pretty Things
by Charapotra, Sona, 2015

The Perks of Being a Wallflower
by Chbosky, Stephen, 1999

Allegedly
by Jackson, Tiffany D., 2017

Enter Title Here
by Kanakia, Rahul, 2016

The First Time She Drowned
by Kletter, Kerry, 2016

We Were Liars
by Lockhart, E., 2014

Saving Francesca
by Marchetta, Melina, 2004

Yaqui Delgado Wants to Kick your Ass
by Medina, Meg, 2013
Not Otherwise Specified
by Moskowitz, Hannah, 2015

We Were Here
by Peña, Matt de la, 2009

Gabi, A Girl in Pieces
by Quintero, Isabel, 2014

The Unlikely Hero of Room 13B
by Toten, Teresa, 2013

Bleeding Violet
by Reeves, Dia, 2010

Last Night I Sang to the Monster
by Sáenz, Benjamin Alire, 2009

Your Voice Is All I Hear
by Scheier, Leah, 2015

Skin & Bones
by Shahan, Sherry, 2014

History Is All You Left Me
by Silvera, Adam, 2017

My Heart and Other Black Holes
by Warga, Jasmine, 2015

Beast
by Spangler, Brie, 2016

Forgive Me, Leonard Peacock
by Quick, Matthew, 2013
Identical
by Turow, Scott, 2013

Under Rose-tainted Skies
by Gornall, Louise, 2017

Calvin
by Leavitt, Martine, 2015

Ten Miles One Way
by Downes, Patrick, 2017

100 Days of Cake
by Goldhagen, Shari, 2016

Fell of Dark
A Novel
by Downes, Patrick, 2015

10 Things I Can See From Here
by Mac, Carrie, 2017

Lily and Dunkin
by Gephart, Donna, 2016

More Happy Than Not
by Silvera, Adam, 2015

A Tragic Kind of Wonderful
by Lindstrom, Eric, 2017

The Weight of Zero
by Fortunati, Karen, 2016

Barrier
by Jones, Patrick, 2014
Into the Wasteland
A Novel
by Choyce, Lesley, 2014

Say What You Will
by McGovern, Cammie, 2014

Dear Life, You Suck
by Blagden, Scott, 2013

Dr. Bird's Advice for Sad Poets
by Roskos, Evan, 2013

Chopsticks
by Anthony, Jessica, 2012

Crazy
by Reed, Amy Lynn, - 2012

Hold Still
by LaCour, Nina, 2010

Waiting for You
by Colasanti, Susane, 2009

The Year of My Miraculous Reappearance
by Hyde, Catherine Ryan, 2007

Looking for Alaska
by Green, John, 2006

Gerald's Game
by King, Stephen, 1992

A Man Called Ove
A Novel
by Backman, Fredrik, 2014
Underwater
by Reichardt, Marisa, 2016

How to Be Brave
by Kottaras, E. Katherine, 2015

Invincible
by Reed, Amy Lynn, 2015

Crank
by Hopkins, Ellen, 2004

Scowler
by Kraus, Daniel, 2013

The Museum of Intangible Things
by Wunder, Wendy, 2014

Dr. Bird’s Advice for Sad Poets
by Roskos, Evan, 2013

Identical
by Hopkins, Ellen, 2008

Cut
by McCormick, Patricia, 2011

Clean
by Reed, Amy Lynn, 2011

Thicker Than Water
by Fiore, Kelly, 2016

The Chance You Won’t Return
by Cardi, Annie, 2014
When Reason Breaks
by Rodriguez, Cindy L., 2015

The Way Back From Broken
by Keyser, Amber J., 2015

The Start of Me and You
by Lord, Emery, 2015

The Great American Whatever
by Federle, Tim, 2016

Delicate Monsters
by Kuehn, Stephanie, 2015

Ball Don't Lie
by de la Peña, Matt, 2005

More Happy Than Not
by Silvera, Adam, 2015

By the Time You Read This, I’ll Be Dead
by Peters, Julie Anne, 2010

Some of the Parts
by Barnaby, Hannah Rodgers, 2016

We Are the Ants
by Hutchinson, Shaun David, 2016

Truest
by Sommers, Jackie Lea, 2015

Stop Pretending
What Happened When My Big Sister Went Crazy
by Sones, Sonya
A World Without You  
by Revis, Beth, 2016

Holding up the Universe  
by Niven, Jennifer, 2016

It's Kind of A Funny Story  
by Vizzini, Ned, 2006

Lowboy  
by Wray, John, 2009

Love Letters to the Dead  
by Dellaira, Ava, 2014

Girl in Pieces  
by Glasgow, Kathleen 2016

Perfect Escape  
by Brown, Jennifer, 2012

Turtles All the Way Down  
by Green, John, 2017

The Last Time We Say Goodbye  
by Hand, Cynthia, 2015

The Impossible Knife of Memory  
by Anderson, Laurie Halse, 2014

Six of Crows  
by Bardugo, Leigh, 2015

Speak  
by Anderson, Laurie Halse, 1999
Depression & Other Magic Tricks
by Benaim, Sabrina, 2017

So Sad Today
Personal Essays
by Broder, Melissa, 2016

The Place Between Breaths
by An, Na, 2018

Every Last Word
by Stone, Tamara Ireland, 2015

The Five Stages of Andrew Brawley
by Hutchinson, Shaun David, 2015

Mosquitoland
by Arnold, David, 2015

Pansy
A Collection of Poetry
by Gibson, Andrea, 2015

Fans of the Impossible Life
by Scelsa, Kate, 2015

Purge
by Littman, Sarah, 2009

The Perks of Being A Wallflower
by Chbosky, Stephen, 1999

Wintergirls
by Anderson, Laurie Halse, 2009

Schizo
by Sheff, Nic, 2014
Highly Illogical Behavior  
by Whaley, John Corey, 2016

Little & Lion  
by Colbert, Brandy, 2017

I'll Give You the Sun  
by Nelson, Jandy, 2014

Eliza and Her Monsters  
by Zappia, Francesca, 2017

Emergency Contact  
by Choi, Mary H. K., 2018

They Both Die at the End  
by Silvera, Adam, 2017

The Rest of Us Just Live Here  
by Ness, Patrick, 2015

When We Collided  
by Lord, Emery, 2016

I Have Lost My Way  
by Forman, Gayle, 2018

Being Me With OCD  
How I Learned to Obsess Less and Live My Life  
by Dotson, Alison, 2013

Eight Stories up  
An Adolescent Chooses Hope Over Suicide  
by Lezine, DeQuincy A., 2008

Release  
by Ness, Patrick, 2017
10 Things I Can See From Here
by Mac, Carrie, 2017

All the Bright Places
by Niven, Jennifer, 2015

Challenger Deep
by Shusterman, Neal, 2015

Every Last Word
by Stone, Tamara Ireland, 2015

Finding Audrey
by Kinsella, Sophie, 2015

Glory O'Brien's History of the Future
by King, A. S., 2014

It's Kind of A Funny Story
by Vizzini, Ned, 2006

The Memory of Light
by Stork, Francisco X., 2016

OCD Love Story
by Haydu, Corey Ann, 2013

Th1rteen R3asons Why
by Asher, Jay - 2011

Will Grayson, Will Grayson
by Green, John, 2011

Our Broken Pieces
by White, Sarah, 2017
Eliza and Her Monsters
by Zappia, Francesca, 2017

Fangirl
by Rowell, Rainbow, 2013

The Astonishing Color of After
by Pan, Emily X. R., 2018

Girl Against the Universe
by Stokes, Paula, 2016

A Court of Mist and Fury
by Maas, Sarah J, 2016

How I Made It to Eighteen
A Mostly True Story
by White, Tracy, GN 2010

The Problem With Forever
by Armentrout, Jennifer L, 2016

Made You up
by Zappia, Francesca, 2015

Lighter Than My Shadow
by Green, Katie, GN 2017

Words on Bathroom Walls
by Walton, Julia, 2017

Elena Vanishing
A Memoir
by Dunkle, Elena, 2015

A Quiet Kind of Thunder
by Barnard, Sara, 2018
Release
by Ness, Patrick, 2017

Under Rose-tainted Skies
by Gornall, Louise, 2017

Am I Normal Yet?
By Bourne, Holly, 2015

On A Scale of One to Ten
By Scott, Ceylan, 2018

A Voice in the Distance
By Suzuma, Tabitha, 2008

Bonesland
By Lawley, Brendan, 2018

Paperweight
By Haston, Meg, 2015

Wild Awake
By Smith, Hilary T., 2013

The Great American Whatever
By Federle, Tim, 2016

One Flew Over the Cuckoo’s Nest
by Kesey, Ken, 1962

I Know This Much Is True
by Lamb, Wally, 1999

We Need to Talk About Kevin
by Shriver, Lionel, 2003
I Never Promised You A Rose Garden
by Greenberg, Joanne, 1964

Ernest Hemingway
A Biography
by Dearborn, Mary V, 2017

The Goldfinch
by Tartt, Donna, 2013

The Noonday Demon
An Atlas of Depression
by Solomon, Andrew, 2001

Loving Soren
by O’Neill, Caroline Coleman, 2005

The Silver Linings Playbook
by Quick, Matthew, 2008

Bait
by Sanchez, Alex, 2009

Break
by Moskowitz, Hannah, 2009

A Beautiful Mind
The Life of Mathematical Genius and Nobel Laureate John Nash
by Nasar, Sylvia, 2011

Girl, Interrupted
by Kaysen, Susanna, 1993

She's Come Undone
by Lamb, Wally, 1998
Anxiety

Goodbye Days
By Zentner, Jeff, 2017

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I Crawl Through It
By King, A. S., 2015

We Were Liars
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The Rest of Us Just Live Here
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Queens of Geek
by Wilde, Jen, 2017

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by Albertalli, Becky, 2018

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by Barnard, Sara, 2017

The Boyfriend List
by Lockhart, E., 2006
Six of Crows
by Bardugo, Leigh, 2015

Isla and the Happily Ever After
by Perkins, Stephanie, 2014

Starfish
by Bowman, Akemi Dawn, 2017

How It Ends
by Lo, Catherine, 2016

10 Things I Can See From Here
by Mac, Carrie, 2017

Everything All at Once
by Leno, Katrina, 2017

Eliza and Her Monsters
by Zappia, Francesca, 2017

Highly Illogical Behavior
by Whaley, John Corey, 2016

All Birds Have Anxiety
by Hoopmann, Kathy, 2017

Furiously Happy
by Lawson, Jenny, 2015

Monkey Mind
by Smith, Daniel B., 2012

My Age of Anxiety
by Stossel, Scott, 2013
The Raven Boys
by Stiefvater, Maggie, 2012

Goodbye Days
by Zentner, Jeff, 2017

Something in Between
by De la Cruz, Melissa, 2016

The Smaller Evil
by Kuehn, Stephanie, 2016

The Perks of Being A Wallflower
by Chbosky, Stephen, 2012

Symptoms of Being Human
by Garvin, Jeff, 2016

Every Exquisite Thing
by Quick, Matthew, 2016

Waiting for You
by Colasanti, Susane, 2009/05/14

Just Listen
by Dessen, Sarah

Consumed
By Rushton, Abbie, 2016

M Is for Autism
Martin, Vicki, 2015

Hancock Park
By Kaplan, Isabel, 2010
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by McCormick, Patricia

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All the Bright Places
By Niven, Jennifer, 2015

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by Nielsen-Fernlund, Susin

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by Asher, Jay, 2007

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by McNicoll, Sylvia

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Creeps
by Hynes, Darren, 2013
Rotters
by Kraus, Daniel

The Beckoners
by Mac, Carrie

Home Truths
by MacLean, Jill, 2011

Tease
by Maciel, Amanda

The Reluctant Journal of Henry K. Larsen
by Nielsen, Susin, 2012

Since You've Been Gone
by Payne, Mary Jennifer, 2015

Bone Gap
by Ruby, Laura, 2015

The List
by Vivian, Siobhan, 2012

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by 50 Cent, 2012
Eating Disorders

Books (fiction) dealing with anorexia – it is not recommended that you pass these on without being aware of the content.

Life-Size
by Jenefer Shute

Cardboard: A Woman Left for Dead
by Fiona Place

Beautiful Monster
Kate McCaffrey

Second Star to the Right
Deborah Hautzig

The Lovely Bones
Alice Sebold

Wintergirls
Laurie Halse Anderson

Purge
Sarah Darer Littman

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Letting Ana Go
Anonymous

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Melissa Grijalva
Paperweight
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By De la Cruz, Melissa, 2018

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Gravity Journal
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By Saenz, Benjamin Alire

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By Cameron, Peter, 2008

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By Alcott, Jessica, 2015

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By Ostow, Micol, 2005

On the Edge
By Santy, Theresa, 2016

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The Hidden Memory of Objects
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Abelard and Lily
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Behavior
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Shade Me
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All I Ever Wanted
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Sunday You Learn How to Box  
by Wright, Bil, 2000

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Almost Perfect
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The System
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Destroying Avalon
By McCaffrey, Kate, 2006

Reality Boy
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by Oakley, Tyler, 2015

Dream House
A Novel by CutiePieMarzia
by Bisognin, Marzia, 2016

Girl Online
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<td>Words on Bathroom Walls</td>
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<td>You're Welcome, Universe15</td>
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<td>10 Things I Can See From Here</td>
<td>115</td>
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<tr>
<td>100 Sideways Miles</td>
<td>115</td>
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</tbody>
</table>
YA Fiction

A + E 4ever
A Graphic Novel
by Merey, Ilike, 2011

a + e 4EVER is a graphic novel set in that ambiguous crossroads where love and friendship, boy and girl, straight and gay meet. It goes where few books have ventured, into genderqueer life, where affections aren’t black and white.

Almost Perfect
by Katcher, Brian, 2009

Logan befriends the new girl at school; but everything changes when she reveals an intimate secret in this moving story about acceptance, tolerance, and the true meaning of friendship.

Annie on My Mind
by Garden, Nancy, 2007

Liza tries to put aside her feelings for Annie after a disaster at school.

Along the Indigo
by Chapman, Elsie, 2018

Marsden yearns to take her sister and escape Glory, a town famous for seedy businesses and suicides, but her friendship with Jude yields secrets that may chain them to the Indigo River forever.

Aristotle and Dante Discover the Secrets of the Universe
by Sáenz, Benjamin Alire, 2012

Fifteen-year-old Ari Mendoza is an angry loner with a brother in prison, but when he meets Dante and they become friends, Ari starts to ask questions about himself, his parents, and his family that he has never asked before.

Ash
by Lo, Malinda, 2009

In this variation on the Cinderella story, Ash must choose between a handsomely cursed to love her and the king’s huntress whom she loves.

Beautiful Monster
Kate McCaffrey

Written from the perspective of a teenager, this chilling psychological thriller follows Tessa as she copes with the event that changed her life forever.

All the Bright Places
by Niven, Jennifer, 2015

Violet lost her sister in a car crash; Finch has an abusive dad and a bleak home life. When they meet on the roof of the school bell tower, it’s a chance encounter that changes both of their lives forever.
Because You'll Never Meet Me
by Thomas, Leah, 2015
Ollie, who has seizures when near electricity, lives in a backwoods cabin with his mother and rarely sees other people, and Moritz, born with no eyes.

Before We Go Extinct
by Rivers, Karen, 2016
250p. (GR. 8+) After Sharkey’s best friend commits suicide (or was it an accident?) in front of him, he spends the summer processing his grief on an abandoned...Show more

Being Emily
by Gold, Rachel Benson, 2012
They say that whoever you are it’s okay, you were born that way. Those words don’t comfort Emily, because she was born Christopher and her insides know that her outsides are all wrong.

Boy Meets Boy
by Levithan, David, 2005
A romantic comedy about finding love in a crazy-wonderful world.

Branded by the Pink Triangle
by Setterington, Ken, 2013
Examines the persecution of homosexuals by the Nazis, citing raids, arrests, prison sentences, expulsions, and concentration camp incarceration.

Bluff
by Dill, Julie, 2017
(243 p., Gr. 9-12) Seventeen-year-old Chelsea is barely surviving as her father is hardly able to pay the bills.

Cardboard: A Woman Left for Dead
by Fiona Place
Cardboard: A woman left for dead is recognized as one of the most compelling portraits of an eating disorder and an outstanding example of its genre. It is also winner of the National Book Council’s Award for New Writers.

Challenger Deep
by Shusterman, Neal, 2015
Caden lives in two worlds: real life, where people are starting to notice his paranoia and compulsive behavior; and his other world, where he’s part of a pirate crew on a voyage to the Challenger Deep.
Counting by 7s by Sloan, Holly Goldberg, 2013
Willow has to deal with being a teenager—and how to deal with being an awkward genius whose parents have just been killed in a car accident.

A Court of Mist and Fury by Maas, Sarah J, 2016
(A Court of Thorns and Roses #2)
Without spoiling book #1, this book deals with overcoming hopelessness, PTSD, and depression in a beautiful way.

The Culling by Dos Santos, Steven, 2013
In a futuristic world ruled by a totalitarian government called the Establishment, Lucian “Lucky” Spark and four other teenagers are recruited.

Cut Off by Bastedo, Jamie, 2015
Indio is a guitar prodigy who lives a privileged, but lonely life dominated by guitar practice and an overbearing father.

Depression & Other Magic Tricks by Benaim, Sabrina, 2017
(depression, anxiety)
Depression & Other Magic Tricks is the debut book by Sabrina Benaim, one of the most-viewed performance poets of all time, whose...

Dirty Little Secrets by Omololu, Cynthia Jaynes, 2010
At her old school, the obsessive hoarding of Lucy’s mother earned Lucy the nickname “garbage girl.” When tragedy strikes after Lucy starts at a new school, she resorts to desperate measures to hide her family’s shameful secret.

Drifting Toward Love by Wright, Kai, 2008
Black, Brown, Gay, and Coming of Age on the Streets of New York
Drifting Toward Love tells the stories of young gay men of color desperately searching for life’s basic necessities: homes that provide more than shelter and security against more than violence or disease.
Elena Vanishing
A Memoir
by Dunkle, Elena, 2015
Elena shares her struggles with anorexia from both her and her mother's perspectives. This book offers an intimate look at a deadly disease.

Eliza and Her Monsters
by Zappia, Francesca, 2017
(Anxiety, trauma) Eighteen-year-old Eliza Mirk is the anonymous creator of Monstrous Sea, a wildly popular webcomic, but when a new boy at school tempts her to live a life offline, everything she’s worked for begins to crumble.

Emergency Contact
by Choi, Mary H. K., 2018
(Angst, anxiety, OCD) After a chance encounter, Penny and Sam become each other's emergency contacts and find themselves falling in love, virtually.

Every Last Word
by Stone, Tamara Ireland, 2015
(OCD) Consumed by a stream of dark thoughts and worries that she can't turn off, a girl coping with Purely-Obsessional OCD learns to accept herself and take control of her life through her experiences in poetry club. Samantha is one of the most popular girls at her school, but her friends are more toxic than understanding. That's why they can never know her secret: that Sam has Purely-Obsessional OCD.

Fans of the Impossible Life
by Scelsa, Kate, 2015
(Depression) At Saint Francis Prep school in Mountain View, New Jersey, Mira, Jeremy, and Seb come together as they struggle with romance, bullying, foster home and family problems, and mental health issues.

Every Day
by Levithan, David, 2012
“A” wakes up every morning inhabiting a different person's body. To further complicate matters, “A” falls in love with a girl and desperately attempts to reunite with her every day.

Everything All at Once
by Leno, Katrina, 2017
Lottie is happy not to take risks and lead a quiet life. But then her beloved aunt dies, who was also a famous author, and she left behind a set of letters.
Far From You
by Sharpe, Tess, 2014
Sophie Winters nearly died, twice. The first time, she’s fourteen, and escapes a near-fatal car accident with scars, a bum leg, and an addiction to Oxy that’ll take years to kick. The second time, she’s seventeen, and it’s no accident.

Finding Audrey
by Kinsella, Sophie, 2015
Nicknamed “the celebrity” because of her ever-present dark glasses and reclusive habits, 14-year-old Audrey actually suffers from a debilitating...Show more

Fire Song
by Jones, Adam Garnet, 2018
230p. (Gr 9+) How can Shane reconcile his feelings for David with his desire for a better life? [He’s] still reeling from the suicide of his kid sister.

Freak the Mighty
by Philbrick, W. R
At the beginning of eighth grade, learning disabled Max and his new friend Freak, whose birth defect has affected his body but not his brilliant mind, find that when they combine forces they

Freak Show
by St. James, James, 2007
Having faced teasing that turned into a brutal attack, 17-yr-old Billy, a drag queen, decides the only way to become fabulous again is to run for Homecoming Queen.

Freakboy
by Clark, Kristin, 2013
Told from three viewpoints, seventeen-year-old Brendan, a wrestler, struggles to come to terms with his place on the transgender spectrum while Vanessa, the girl he loves, and Angel, a transgender acquaintance, try to help.

From the Notebooks of Melanin Sun
by Woodson, Jacqueline, 2010
Fourteen-year-old Melanin Sun’s comfortable, quiet life is shattered when his mother reveals she has fallen in love with a woman.

Gay America
by Alsenas, Linas, 2008
Milestones of gay and lesbian life in the United States are brought together in the first-ever nonfiction book published specifically for teens.
Gem & Dixie
by Zarr, Sara, 2017
Gem and Dixie are closer than most sisters, always there for each other. These two practically raised themselves, but they are beginning to grow apart.

Ghosts
by Telgemeier, Raina, 2016
Cat and her family have to move to a new town to take care of her sick sister, Maya, who now has her heart set on meeting the ghosts they have heard inhabit the town.

Girl Against the Universe
by Stokes, Paula, 2016
Sports, swoon, and hope abound in this story about a girl coping with PTSD and the boy who wants to help her move on from the past. Maguire's relatable journey is full of tough issues, but is not a heavy read.

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Girl in Pieces
by Glasgow, Kathleen, 2016
(depression, anxiety, trauma) As she struggles to recover and survive, seventeen-year-old homeless Charlotte "Charlie" Davis cuts herself to dull the pain of abandonment and abuse.

Girls Like Us
by Giles, Gail, 2014
Quincy and Biddy have just begun their independent life as adults—but it may be harder than they thought.

Glory O'Brien's History of the Future
by King, A. S., 2014
Glory has never fully recovered from the death of her mom, which perhaps explains how she ended up drinking a bat (don't ask) and receiving transmissions—visions of the future—from every person she looks at.

Gems & Dixie
by Zarr, Sara, 2017
Gem and Dixie are closer than most sisters, always there for each other. These two practically raised themselves, but they are beginning to grow apart.

Gemini
A Novel
by Mukherjee, Sonya, 2016
In a small town, as high school graduation approaches, two conjoined sisters must weigh the importance of their dreams as individuals against the risk inherent in the surgery that has the potential to separate them forever.

Girl, Stolen
by Henry, April, 2010
When an impulsive carjacking turns into a kidnapping, Griffin, a high school dropout, finds himself more in sympathy with his wealthy, blind victim, sixteen-year-old Cheyenne, than with his greedy father.

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Goodbye Days
by Zentner, Jeff, 2017
Carver Briggs never thought a simple text would cause a fatal crash, killing his three best friends, Mars, Eli, and Blake. Now Carver can’t stop blaming himself for the accident and even worse, there could be a criminal investigation into the deaths. Then Blake’s grandmother asks Carver to remember her grandson with a “goodbye day.” Carver has his misgivings, but he starts to help the families of his lost friends grieve with their own memorial days, along with Eli’s bereaved girlfriend Jesmyn. But not everyone is willing to forgive. Carver’s own despair and guilt threatens to pull him under into panic and anxiety as he faces punishment for his terrible mistake. Can the good goodbye days really help?

Grl2grl
Short Fictions
by Peters, Julie Anne, 2007
The complexities of love, romance, and dating for gay teenage girls are explored in this collection of captivating short stories by this National Book Award finalist.

Highly Illogical Behavior
by Whaley, John Corey, 2016
(anxiety, agoraphobia)
Agoraphobic sixteen-year-old Solomon has not left his house in three years, but Lisa is determined to change that—and to write a scholarship-winning essay based on the results.

How It Ends
by Lo, Catherine, 2016
Annie and Jessie are best friends... and then they’re not. Annie has beauty and confidence Jessie wants, but Annie thinks Jessie has a great life. This book tells the story of their sophomore year that led to their breakup.

How I Made It to Eighteen
A Mostly True Story
by White, Tracy
Graphic Novel - 2010
How I Made it to Eighteen is a frank portrait of what it’s like to struggle with self-esteem, body image issues, drug addiction, and anxiety.

How to Disappear
by Roat, Sharon Huss, 2017
Extremely shy Vicky develops a vibrant online personality to cope when her best friend Jenna leaves her. Realizing she can live a viv...Show more
I'll Give You the Sun
by Nelson, Jandy, 2014
(trauama) A story of first love, family, loss, and betrayal told from different points in time, and in separate voices, by artists Jude and her twin brother Noah

If You Could Be Mine
by Farizan, Sara, 2013
In Iran, where homosexuality is punishable

Isla and the Happily Ever After
by Perkins, Stephanie, 2014
Isla has had a crush on Josh since they first met at a school in Paris. They meet again in Manhattan and begin their senior year back in Paris.

Life-Size
by Jenefer Shute
Both a cautionary tale and a call to arms for women whose lives are diminished by the tyranny of thinness, this harrowing novel about a young woman’s anguished battle with anorexia is by turns crackling, acrid, and darkly comic. Life-Size shoots straight for the heart of our country’s obsession with food and image.

It's Kind of A Funny Story
by Vizzini, Ned, 2006
Facing overwhelming pressures at school, a Brooklyn teen experiences growing anxiety and depression until admitting himself into a psychiatric hospital... for adults.

Like Water
by Rebecca Podos
LIKE WATER, won the 2018 Lambda Literary Award for LGBTQ Children's and Young Adult. This is a well story of first love and of the complex ways in which the deepest parts of us are hidden, even from ourselves.

Lighter Than My Shadow
by Green, Katie
Graphic Novel - 2017
A hand-drawn story of struggle and recovery, an exposure of those who are so weak as to prey on the weak, and an inspiration to anybody who believes in the human power to endure.

Little & Lion
by Colbert, Brandy, 2017
(bipolar) Suzette returns home to Los Angeles from boarding school and grapples with her bisexual identity when she and her brother Lionel fall in love with the same girl, pushing Lionel's bipolar disorder to spin out of control and forcing Suzette to confront her own demons
Looking for Alaska
A Novel
by Green, John, 2005
Miles “Pudge” Halter is done with his safe life at home. His whole life has been one big non-event. Until he meets Alaska Young.

Love and F1rst Sight
by Sundquist, Josh, 2017
Sixteen-year-old blind teen Will Porter undergoes an experimental surgery that enables him to see for the first time, all while navigating a new school, new friends, and a crush.

Love in the Time of Global Warming
by Block, Francesca Lia, 2013
After a devastating earthquake destroys the West Coast, causing seventeen-year-old Penelope to lose her home, her parents, and her ten-year-old brother, she navigates a dark world, holding hope and love in her hands and refusing to be defeated. Includes Queer and Trans* characters.

A Love Story Starring My Dead Best Friend
by Horner, Emily, 2010
As she tries to sort out her feelings of love, seventeen-year-old Cass, a spunky math genius with an introverted streak, finds a way to memorialize her dead best friend.

Lowboy
by Wray, John, 2009
(schizophrenia, anxiety) Early one morning in New York City, Will Heller, a sixteen-yearold paranoid schizophrenic, gets on an uptown B train alone.

Love Drugged
by Klise, James, 2010
Fifteen-year-old Jamie is dismayed by his attraction to boys, and when a beautiful girl shows an interest in him, he is all the more intrigued by her father’s work developing a drug called Rehomoline.

Love Letters to the Dead
by Dellaira, Ava, 2014
(depression) When Laurel starts writing letters to dead people for a school assignment, she begins to spill about her sister’s mysterious death, her mother’s departure from the family, her new friends, and her first love.

Luna
by Peters, Julie Anne, 2005
15-yr-old Regan’s life has revolved around keeping her older brother Liam’s transsexuality a secret.
Made You up
by Zappia, Francesca, 2015
Alex wages a war against her schizophrenia, determined to stay sane long enough to get into college. She's pretty optimistic about her chances until …

Mosquitoland
by Arnold, David, 2015
(anxiety) When she learns that her mother is sick in Ohio, Mim confronts her demons on a thousand-mile odyssey from Mississippi that redifnes her notions of love, loyalty, and what it means to be sane.

Naomi and Ely's No Kiss List
by Cohn, Rachel, 2008
Although friends all their lives, Naomi (straight) and Ely (gay) find their relationship strained during freshman year at NYU.

Now Is Everything
by Giles, Amy, 2017
362p. (Gr. 9+) The McCauleys look perfect on the outside, but this family is hiding a dark secret. When Hadley's forbidden relationship with Charlie deepen...

Madness
by Brewer, Zac, 2017
289p (Gr. 9+)
Released from an inpatient facility after treatment for a suicide attempt, Brooke meets Derek, a fellow suicide survivor, but as she falls for him, she realizes that Derek may not be in the same mental space she is.

Night Shift
by Gliori, Debi, 2017
A girl struggles to fight the dragon called depression. With black and white illustrations and deceptively simple text, author and illustrator Debi Gliori examines how depression affects one's whole outlook upon life, and shows that there can be an escape - it may not be easy to find, but it is there. J 616.8527 GLIO

Not If I See You First
by Lindstrom, Eric, 2015
Blind sixteen-year-old Parker Grant navigates friendships and romantic relationships, including a run-in with a boy who previously broke her heart, while coping with her father's recent death.

Oblivion
by Dawn, Sasha, 2014
(385 p., Gr. 9-12)
Sixteen-year-old Calliope has been suffering from graphomania, or the need to write constantly since her father and a girl from her parish went missing. What does her writing represent, and could Callie be the murderer?
OCDaniel

by King, Wesley, 2016
Daniel and "Psycho Sara" start up an unlikely friendship, and Daniel receives a mysterious note he has to solve.

OCD Love Story

by Haydu, Corey Ann, 2013
When Bea meets Beck, she knows they're perfect for each other. The only catch: they both have OCD. And Bea is kind of, sort of obsessed with someone else

Our Broken Pieces

by White, Sarah, 2017
Sometimes one event can send our life spiraling out of control. For Everly, her most important relationships implode and she's left to figure out how to pick up the pieces. The plot might seem a little cliche at first, but this book provides an excellent portrayal of therapy and the work associated with achieving and maintaining mental health.

Our Chemical Hearts

by Sutherland, Krystal, 2016
"Henry Page always thought love would be simple, and then he meets transfer student Grace Town. Grace is a mystery, with her pronounced limp, unflatt..."

Out of My Mind

by Draper, Sharon M., 2010
Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

Pansy

A Collection of Poetry

by Gibson, Andrea, 2015
(depression, anxiety)
In PANSY, Gibson balances themes of love, gender, politics, sexuality, illness, family and forgiveness with stunning imagery

Perfect Escape

by Brown, Jennifer, 2012
(OCD) Seventeen-year-old Kendra, living in the shadow of her brother's obsessive-compulsive disorder, takes a life-changing road trip with him.

Pink

by Wilkinson, Lili, 2011
Ava tries out a new personality--and sexual orientation--at a different school.
Purge
by Littman, Sarah, 2009
(ED) When her parents check sixteen-year-old Janie into Golden Slopes to help her recover from her bulimia, she discovers that she must talk about things she has admitted to no one--not even herself.

Queens of Geek
by Wilde, Jen, 2017
Three friends, one a bi vlogger and actress, one a hardcore fan with anxiety and a crush on her guy bff, and the guy bff head to a comic con and shenanigans ensue.

A Quiet Kind of Thunder
by Barnard, Sara, 2018
Steffi would give anything to be able to speak. She suffers from crippling anxiety, and in most situations simply can’t open her mouth. Rhys, the new boy at school, sees her for who she really is.

Radiant Days
A Novel
by Hand, Elizabeth, 2012
Aspiring artist Meredith contemplates suicide, but her mind is changed after she finds a wall painting that can transport people through time and she meets an inspiring young artist from a different era.

Rage
by Kessler, Jackie Morse, 2011
(213 p., Gr. 9-12) Outcast Missy cuts herself to control her pain. When Death, one of the Four Horseman of the Apocalypse, visits her, she is offered the chance to fill in for one of the Horseman, War.

Release
by Ness, Patrick, 2017
Struggling with his family’s religious beliefs, an employer’s inappropriate advances, and his unrequited love for his ex, Adam finds his life complicated when his best friend decides to spend her senior year abroad.

Revenge and the Wild
by Modesto, Michelle, 2016
Seventeen-year-old foul-mouthed Westie, the notorious adopted daughter of local inventor Nigel Butler, lives in the lawless western town of Rogue City whe..
<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author</th>
<th>Year</th>
<th>Description</th>
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<tbody>
<tr>
<td>Save Me A Seat</td>
<td>Weeks, Sarah</td>
<td>2016</td>
<td>Two unlikely friends (and outcasts) meet at a new school and attempt to navigate the drama during middle school.</td>
</tr>
<tr>
<td>Shade Me</td>
<td>Brown, Jennifer</td>
<td>2016</td>
<td>This high-action thriller surrounds a young girl who must solve the brutal attack of a classmate.</td>
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<tr>
<td>A Silent Voice</td>
<td>ima, Yoshitoki</td>
<td>2015</td>
<td>In this Manga series, a bully at a school terrorizes the new girl. However, he begins to feel terrible for his behavior and attempts to find a way to redeem himself in her eyes.</td>
</tr>
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<td>Scars</td>
<td>Rainfield, C. A.</td>
<td>2010</td>
<td>(248 p., Gr. 8-11) Abused as a child, 15-year-old Kendra copes with memories of her childhood by cutting herself. A budding artist, she finds help from others as she struggles with her pain.</td>
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<td>She Is Not Invisible</td>
<td>Sedgwick, Marcus</td>
<td>2014</td>
<td>A London teenager who is blind and her younger brother travel to New York to find their missing father, using clues from his notebook.</td>
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<td>Stuck in Neutral</td>
<td>Trueman, Terry</td>
<td>2001</td>
<td>Fourteen-year-old Shawn McDaniel, who suffers from severe cerebral palsy and cannot function, relates his perceptions of his life, his family, and his condition, especially as he believes his father is planning to kill him.</td>
</tr>
<tr>
<td>Suicide Notes</td>
<td>Ford, Michael Thomas</td>
<td>2008</td>
<td>Brimming with sarcasm, fifteen-year-old Jeff describes his stay in a psychiatric ward after attempting suicide.</td>
</tr>
<tr>
<td>Schizo</td>
<td>Sheff, Nic</td>
<td>2014</td>
<td>(schizophrenia) A teenager recovering from a schizophrenic breakdown is driven to the point of obsession to find his missing younger brother and becomes wrapped up in a romance that may or may not be the real thing.</td>
</tr>
</tbody>
</table>
Second Star to the Right
Deborah Hautzig
Leslie Hiller is a bright, attractive, talented teenager who leads a privileged life in New York City. She is also a perfectionist. When Leslie starts to diet, she finds herself becoming obsessed, getting thinner and thinner, until she is forced to realize that her quest for perfection is killing her.

So Sad Today
Personal Essays
by Broder, Melissa, 2016
(depression, anxiety, suicide) A darkly funny and brutally honest collection of essays from Melissa Broder who has always struggled with anxiety. In the f...Show more

Starfish
by Bowman, Akemi Dawn, 2017
Kiko is half-Japanese with a rough family life. When she doesn't make it into her dream school she gets the chance to tour the west coast with a friend, ...Show more

Speak
by Anderson, Laurie Halse, 1999
(PTSD, depression, A traumatic event near the end of the summer has a devastating effect on Melinda's freshman year in high school.

A Time to Dance
by Venkatraman, Padma, 2014
An Indian girl refuses to give up on her dream of dancing no matter what hurdles are thrown in her way.

Teach Me to Forget
by Chapman, Erica M., 2017
287p (Gr. 9+) Ellery finds life after the death of her little sister unbearable. So she creates the perfect suicide plan, and all the pieces are in place...Show more
The Arsonist
by Oakes, Stephanie, 2017
Set in Berlin in both modern day and during the Cold War, this thriller follows two young people on the search for the writer of a mysterious diary.

The Astonishing Color of After
by Pan, Emily X. R., 2018
After her mother's suicide, grief-stricken Leigh Sanders travels to Taiwan to stay with grandparents she never met, determined to find her mother who she believes turned into a bird.

The Beckoners
by Mac, Carrie
When Zoe moves to a new town, she learns that the line between victim and tormenter can be easily crossed.

The Boyfriend List
by Lockhart, E., 2006
15 Guys, 11 Shrink Appointments, 4 Ceramic Frogs, and Me, Ruby has had a rough 10 days so she goes to see a therapist and they go through her list in this hilarious tale.

The Gatekeepers
by Lancaster, Jen, 2017
452p (Gr. 10+)
Anyone passing through North Shore, Illinois, would think it was the most picture-perfect place ever, with all the lakefront mansions and...

The Gentleman’s Guide to Vice and Virtue
by Lee, Mackenzi, 2017
"...a gloriously swashbuckling affair, [that] doesn't shy from addressing the era's overt racism, sexism, homophobia, and prejudice regarding illness...

The Impossible Knife of Memory
by Anderson, Laurie Halse, 2014
(PTSD, anxiety)
Hayley Kincaid and her father move back to their hometown to try a 'normal' life, but the horrors he saw in the war threaten to destroy their lives.
The Iron Trial
by Black, Holly, 2014
When Call is summoned to attend the entrance exams for The Magisterium, a more-sinister version of Hogwarts School of Witchcraft & Wizardry, he promises...Show more

The Last Leaves Falling
by Benwell, Fox, 2015
In Japan, teenaged Abe Sora, who is afflicted with "Lou Gehrig's Disease," finds friends online and elicits their help to end his suffering.

The Lovely Bones
Alice Sebold
The Lovely Bones is the story of a family devastated by a gruesome murder -- a murder recounted by the teenage victim. The details of the crime are laid out in the first few pages: from her vantage point in heaven, Susie Salmon describes how she was confronted by the murderer one December afternoon on her way home from school.

The List
by Vivian, Siobhan, 2012
This is the story of eight girls, and the impact of one list. Each year at Washington Mount High School a list is distributed which names the prettiest and ugliest girl in each class. This is the story of those eight girls.

The Last Time We Say Goodbye
by Hand, Cynthia, 2015
(depression, suicide)
After her younger brother, Tyler, commits suicide, Lex struggles to work through her grief in the face of a family that has fallen a...Show more

The Love Letters of Abelard and Lily
by Creedle, Laura, 2017
Lily and Abelard have nothing in common...except for their love of writing letters.

The Memory of Light
by Stork, Francisco X., 2016
After a suicide attempt, Vicky knows it's only a matter of time before she tries again. Instead, she finds herself in intensive psychiatric treatment, along with three other teens dealing with their own disorders.

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It's Kind of A Funny Story
by Vizzini, Ned, 2006
Facing overwhelming pressures at school, a Brooklyn teen experiences growing anxiety and depression until admitting himself into a psychiatric hospital... for adults.
The Monster on the Road Is Me

by Romney, J. P., 2016
A teenage boy with the ability to steal thoughts from supernatural beings must use his power to stop a mountain demon from killing those around him.

The Perks of Being A Wallflower

by Chbosky, Stephen, 1999
(depression, anxiety, trauma) Perks follows observant "wallflower" Charlie as he charts a course through the strange world between adolescence and adulthood. First dates, family drama, and new friends. Sex, drugs, and The Rocky Horror Picture Show. Devastating loss, young love, and life on the fringes. Caught between trying to live his life and trying to run from it, Charlie must learn to navigate those wild and poignant roller-coaster days known as growing up.

The One Thing

by Curtis, Marci Lyn, 2015
When a teenage girl loses her eyesight, it takes everything she's got to stand up and keep going.

The Problem With Forever

by Armentrout, Jennifer L., 2016
If you're looking for a book that will tear your heart out and is full of feels, Mallory's story might be for you. It is a rewarding journey where Mallor...Show more

The Rest of Us Just Live Here

by Ness, Patrick, 2015
(OCD, Alzheimer's) What if you aren't the Chosen One? The one who's supposed to fight the zombies, or the soul-eating ghosts, or whatever the heck this new thing is, with the blue lights and the death? What if you're like Mikey? Who just wants to graduate and go to prom and maybe finally work up the courage to ask Henna out before someone goes and blows up the high school.

The Place Between Breaths

by An, Na, 2018
(schizophrenia) Grace, sixteen, fears that she will succumb to the schizophrenia that took her mother away, while she and her father work for a genetics lab rushing to find a cure.

The Running Dream

by Van Draanen, Wendelin, 2011
A track star is determined to get back on the track no matter what it takes.

The Silver Gate

by Bailey, Kristin, 2017
In this middle grade fantasy, two siblings set out on their own to find the mysterious "Silver Gate" that only one of them believes exists.
The up Side of Un Requited

by Albertalli, Becky, 2018
From the author of “Simon vs The Homo Sapien Agenda” comes the story of Molly, who is terrified of rejection and of being judged for being plus-sized.

The Weight of Zero

by Fortunati, Karen, 2016
A teenage girl is already struggling with the pressures of being a teen, but when her bipolar disorder starts to take over her life, she isn't sure whether or not she wants to deal with anything anymore.

There Will Be Lies

by Lake, Nick, 2015
[Deaf teen] Shelby Cooper, nearly eighteen, has been overprotected by her single mother all her life but after a car accident, Shelby's life is transforme...

They Both Die at the End

by Silvera, Adam, 2017
(OCD, trauma) In a near-future New York City where a service alerts people on the day they will die, teenagers Mateo Torrez and Rufus Emeterio meet using the Last Friend app and are faced with the challenge of living a lifetime on their End Day.

Th1rteen R3asons Why

by Asher, Jay - 2011
On the day she died, Hannah Baker recorded and mailed 13 boxes of audiotapes explaining why she decided to kill herself. Everyone who receives a box is to blame... including the guy who had a crush on her, Clay.

Turtles All the Way Down

by Green, John, 2017
(OCD) It all begins with a fugitive billionaire and the promise of a cash reward. Turtles All the Way Down is about lifelong friendship, the intimacy of an unexpected reunion, Star Wars fan fiction, and tuatara. But at its heart is Aza Holmes, a young woman navigating daily existence within the ever-tightening spiral of her own thoughts.

Under Rose-tainted Skies

by Gornall, Louise, 2017
Will Norah, who is struggling with agoraphobia and OCD, accept that she could be the right one for sweet, funny Luke?

We Are Okay

A Novel

by Lacour, Nina, 2017
234p. (Gr. 9+) After leaving her life behind to go to college in New York, Marin must face the truth about the tragedy that happened when her friend Mabel comes to visit.
Very LeFreak

by Cohn, Rachel, 2010

Hyper-frenetic Columbia University freshman Veronica, known as Very LeFreak, enters a rehab facility for the technology-addicted after her professors and classmates stage an intervention.

When We Collided

by Lord, Emery, 2016

(bipolar, suicide) Can seventeen-year-old Jonah save his family restaurant from ruin, his mother from her sadness, and his danger-seeking girlfriend Vivi from herself?

Wildthorn

by Eagland, Jane, 2010

Seventeen-year-old Louisa is locked away a mental institution, where she is stripped of her identity. She must free herself while solving her own twisted mystery and falling into an unconventional love.

Will Grayson, Will Grayson

by Green, John, 2011

Two teens with the same name (Will Grayson, will grayson) navigate issues of friendship, true love, self-identity, and depression while teaming up for the most fabulously autobiographical high school musical ever.

Willow

by Hoban, Julia, 2009

Willow Randall was at the wheel when a car crash killed both her parents. Cutting herself to numb the guilt and pain she now feels, she glimpses light at the end of the tunnel when she meets a boy who is willing to try and understand her pain.

With or Without You

by Farrey, Brian, 2011

When best friends Evan and Davis join a community center group called "chasers", there may be fatal consequences.

Words on Bathroom Walls

by Walton, Julia, 2017

Told through journal entries, Adam shares his experience with schizophrenia. Adam's story is an insightful and often hilarious look at being a teenage boy that sees things that aren't really there.
You're Welcome, Universe
by Gardner, Whitney, 2017
When Julia finds a slur about her best friend scrawled across the back of the Kingston School for the Deaf, she covers it up with a beautiful (albeit illegal) graffiti mural. Her supposed best friend snitches, the principal expels her, and her two mothers set Julia up with a one-way ticket to a "mainstream" school in the suburbs, where she's treated like an outcast as the only deaf student....

10 Things I Can See From Here
by Mac, Carrie, 2017
Maeve's life-long and severe anxiety is exacerbated when she's sent to live with her father in Vancouver for a few months while her mom's away. But in spite of it all, Maeve finds herself crushing on a girl named Salix, who doesn't seem to be afraid of anything.

100 Sideways Miles
by Andrew Smith, 2014
Finn Easton sees the world through miles instead of minutes. It's how he makes sense of the world, and how he tries to convince himself that he's a real boy and not just a character in his father's bestselling cult-classic book. Finn has two things going for him: his best friend, the possibly-insane-but-definitely-excellent Cade Hernandez, and Julia Bishop, the first girl he's ever loved. Then Julia moves away, and Finn is heartbroken. Feeling restless and trapped in the book, Finn embarks on a road trip with Cade to visit their college of choice in Oklahoma. When an unexpected accident happens and the boys become unlikely heroes, they take an eye-opening detour away from everything they thought they had planned—and learn how to write their own destiny.