A Guide to Mental Health in YA Lit
and resources for further exploration

Read, Learn, Understand, Help
In the Books

Young Adult Books That Deal with Mental Illness and Mental Health.

Addiction

Crank by Ellen Hopkins.
Zoo Station by Christiane F. (a memoir).
The Fix by Natasha Sinel.
Tiny Pretty Things by Sonia Charaipotra & Dhonielle Clayton.
Other Broken Things by Christa Desir.

Anxiety disorders

The Nature of Jade by Deb Caletti.
The “Ruby Oliver” series by E. Lockhart.
Cracked Up to Be by Courtney Summers.
Finding Audrey by Sophie Kinsella.

Bipolar disorders

All the Bright Places by Jennifer Niven.
When We Collided by Emery Lord.
Tiny Pretty Things by Sonia Charaipotra & Dhonielle Clayton.
Other Broken Things by Christa Desir.

Eating disorders

Perfect by Natasha Friend.
A Trick of the Light by Lois Metzger.
Wintergirls by Laurie Halse Anderson.
Purge by Sarah Darer Littman.
Elena Vanishing: A Memoir by Elena and Clare B. Dunkle.

Mood disorders (depression)

It’s Kind of a Funny Story by Ned Vizzini.
Crazy by Amy Reed.
Hold Still by Nina Lacour.
Will Grayson, Will Grayson by David Levithan & John Green.
Dr. Bird’s Advice for Sad Poets by Evan Roskos.

Obsessive compulsive disorder

OCD Love Story by Corey Ann Haydu.

Depression

All the Bright Places by Jennifer Niven
I Was Here by Gayle Forman
The Last Time We Say Goodbye by Cynthia Hand
When We Collided by Emery Lord
Playlist for the Dead by Michelle Falkoff
It’s Kind of a Funny Story by Ned Vizzini

Psychotic disorders/schizophrenia

Freaks Like Us by Susan Vaught.
Challenger Deep by Neal Shusterman
Calvin by Martine Leavitt.
Schizo by Nic Sheff.
17 & Gone by Nova Ren Suma.

PTSD

Something Like Normal by Trish Doller.
The Impossible Knife of Memory by Laurie Halse Anderson.
Things a Brother Knows by Dana Reinhardt.
This Is Not a Drill by Rebecca McDowell.
The Unbecoming of Mara Dyer by Michelle Hodkin.

Self-harm and cutting

Cut by Patricia McCormick.
Scars by Cheryl Rainfield.
Willow by Julia Hoban.
Crosses by Shelley Stoehr.
Break by Hannah Moskowitz.
Mental Health Resources for Teens

Remember: no matter what problems you may be experiencing, there are people available to help you. This could be a friend, teacher, parent, counselor or another trusted adult.

General Health:

http://teenshealth.org/teen/
Learn more about health related to teens, such as information about body, mind, sexual health, food & fitness, diseases & conditions, infections, school & jobs, drugs & alcohol, staying safe.

http://teenmentalhealth.org

National Institute of Mental Health
https://www.nimh.nih.gov

The National Institute of Mental Health (NIMH) is the leading federal agency for research on mental disorders.

Suicide Prevention:

National Suicide Prevention Lifeline
https://suicidepreventionlifeline.org/
1-800-273-TALK (8255)

Anytime 24/7, you can contact a skilled, trained counselor at a crisis center in your area by calling the lifeline.

New Jersey Suicide Prevention Hopeline
1-855-654-6735 www.njhopeline.com

2ND Floor Youth Helpline
http://www.2ndfloor.org/
Accredited by the American Association of Suicidology, 2ND Floor confidentially serves youth and young adults (ages 10-24). Youth who call are assisted with their daily life challenges by professional staff and trained volunteers.

Have you read a book that you think would be perfect for this list?
Would you like to see a category of books we haven’t covered?
Do you have a great mental health resource to share?
Send us a suggestion!

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