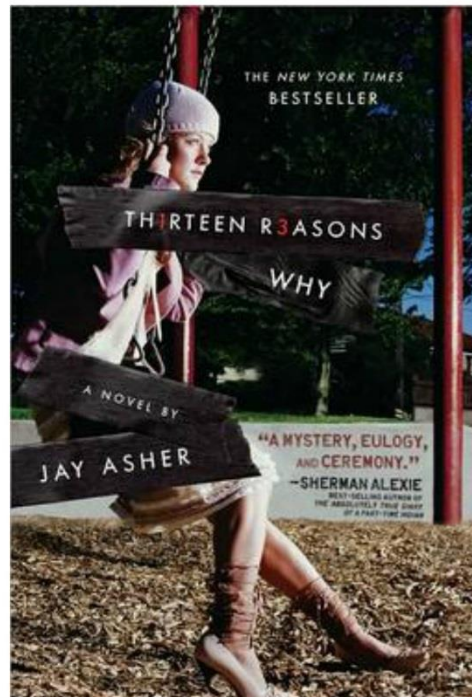


*A Guide to  
Mental Health in YA Lit*  
and resources for further exploration



*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.

*Freaking Out: Real-Life Stories About Anxiety* edited by Polly Wells.

*Finding Audrey* by Sophie Kinsella.

### Bipolar disorders

*All the Bright Places* by Jennifer Niven.

*When We Collided* by Emery Lord.

*Bleeding Violet* by Dia Reeves.

*Impulse* by Ellen Hopkins.

*Every You, Every Me* by David Levithan.

### 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

### 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.

*The Unlikely Hero of Room 13B* by Teresa Toten.

*Every Last Word* by Tamara Ireland Stone.

*Fig* by Sarah Elizabeth Schwartz.

*Perfect Escape* by Jennifer Brown.

### 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.

### **Suicide**

*All the Bright Places* by Jennifer Niven

*Hold Still* by Nina LaCour.

*Falling into Place* by Amy Zhang.

*My Heart & Other Black Holes* by Jasmine

Warga.

*Tears of a Tiger* by Sharon M. Draper

*Waiting* by Carol Lynch Williams.

### **Teens with parents dealing with mental health issues**

*Making Pretty* by Corey Ann Haydu.

*The Chance You Won't Return* by Annie Cardin.

*A Blue So Dark* by Holly Schindler.

*This Is How I Find Her* by Sara Polsky.

*The Impossible Knife of Memory* by Laurie R. King  
Anderson.

## **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](http://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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Metuchen Public Library

