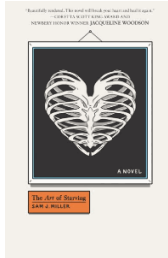


Book Suggestions: Mental Health Conditions



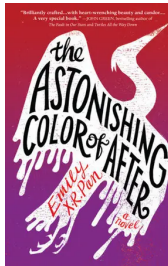
***American Road Trip* by Patrick Flores-Scott**

Brothers Teodoro and Manny Avila take a road trip to address Manny's PTSD following his tour in Iraq, and to help T. change his life and win the heart of Wendy Martinez.



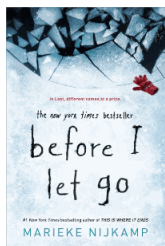
***The Art of Starving* by Sam J. Miller**

A bullied gay teen boy with an eating disorder believes he's developed super powers via starvation.



***The Astonishing Color of After* by Emily X. R. Pan**

Leigh Chen Sanders is absolutely certain about one thing: when her mother died by suicide, she turned into a bird. When she travels to Taiwan to meet her maternal grandparents for the first time, Leigh is determined to find her mother, the bird. In her search, she winds up chasing after ghosts, uncovering family secrets, and forging a new relationship with her grandparents. And as she grieves, she must try to reconcile the fact that on the same day she kissed her longtime secret crush, Axel, her mother was taking her own life.



***Before I Let Go* by Marieke Nijkamp**

Returning to her small Alaska home town after her bipolar best friend's death, Corey uncovers chilling secrets about the townspeople and their treatment of Kyra prior to her drowning.



***The Bell Jar* by Sylvia Plath**

When Esther Greenwood wins an internship, she is elated, believing she will finally realize her dream to become a writer. But in between the cocktail parties and piles of manuscripts, her life begins to slide out of control. She finds herself spiraling into depression and eventually a suicide attempt, as she grapples with difficult relationships and a society which refuses to take women's aspirations seriously.



***Breathing Underwater* by Alex Flinn**

Sent to counseling for hitting his girlfriend, Caitlin, and ordered to keep a journal, sixteen-year-old Nick recounts his relationship with Caitlin, examines his controlling behavior and anger, and describes living with his abusive father.



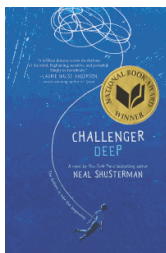
Calvin by Martine Leavitt

Born on the day the last Calvin and Hobbes comic strip was published, seventeen-year-old Calvin, a schizophrenic, sees and has conversations with the tiger, Hobbes, and believes that if he can persuade the strip's creator, Bill Watterson, to do one more strip, he will make Calvin well.



The Castle School (for Troubled Girls) by Alyssa Sheinmel

Paralyzed by grief, Moira feels punished when her parents send her to a therapeutic boarding school in Maine where she meets eleven other troubled girls and gradually begins to understand her parents' true intentions behind sending her there.



Challenger Deep by Neal Shusterman

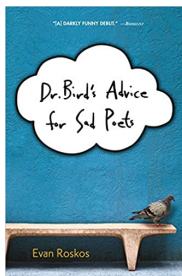
Caden Bosch thinks there is somebody at his high school who wants to kill him. But that's not all. There are things happening outside of the typical space and time constraints that he can't understand. He feels at once all-powerful and frighteningly powerless. Caden slowly drifts away from friends and family and deeper into his mind, until his parents admit him to a mental hospital for further evaluation and treatment for schizophrenia.



Darius the Great Is Not Okay by Adib Khorram

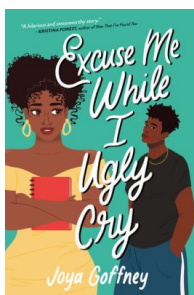
Three things to know about Darius Kellner: 1. He's a nerd. 2. He's got clinical depression. 3. He is about to take his first trip to Iran. While there, he gets to know his ailing grandfather, loving grandmother, and other family members for the very first time. He also meets Sohrab, who becomes his first real friend, and the two bond over soccer and ice cream. Sohrab makes Darius feel like a new version of himself. But as the trip winds down, he has to wonder if he can still be the new

Darius without Sohrab by his side.



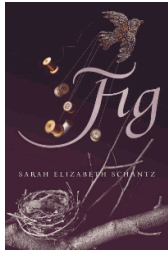
Dr. Bird's Advice for Sad Poets by Evan Roskos

Sixteen-year-old James Whitman is paranoid, depressed, and confused. He despises his stressful homelife; has a crush on a bright, artistic girl who has a jerk for a boyfriend; and is desperately trying to discern why his older sister, Jorie, got kicked out of school and their house. James deals with his feelings of guilt, sadness, and anxiety by avoiding his parents, quoting Walt Whitman, hugging trees, and silently conversing with an imaginary therapist who is a bird, all while nursing a secret hope that he can make everything okay.



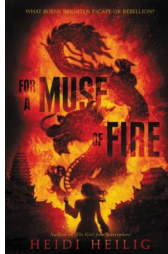
Excuse Me While I Ugly Cry by Joya Goffney

Quinn's journal is where she writes down everything -- in list format -- that she doesn't want to admit out loud, or even face; once they're written, she can release them and feel a little bit more at peace. When the journal goes missing and her list of biggest fears is posted online with a challenge to face each of them or else have the entire journal go public, it's time for Quinn to move out of the realm of her mind and into real life. She's not going quietly, however, and finds herself working to track down the blackmailer before time runs out.



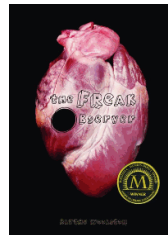
***Fig* by Sarah Elizabeth Schantz**

In 1994, Fig looks back on her life and relates her experiences, from age six to nineteen, as she desperately tries to save her mother from schizophrenia while her own mental health and relationships deteriorate.



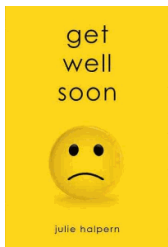
***For a Muse of Fire* by Heidi Heilig**

Jetta's family is famed as the most talented troupe of shadow players in the land. With Jetta behind the scrim, their puppets seem to move without string or stick—a trade secret, they say. In truth, Jetta can see the souls of the recently departed and bind them to the puppets with her blood. But ever since the colonizing army conquered their country, the old ways are forbidden, so Jetta must never show, never tell. Her skill and fame are her family's way to earn a spot aboard the royal ship to Aquitan, where shadow plays are the latest rage, and where rumor has it the Mad Emperor has a spring that cures his ills—and could cure Jetta's, too. Because seeing spirits is not the only thing that plagues her. But as rebellion seethes and as Jetta meets a young smuggler, she will face truths and decisions that she never imagined—and safety will never seem so far away.



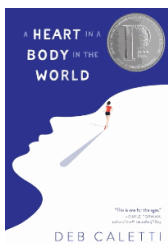
***The Freak Observer* by Blythe Woolston**

Suffering from a crippling case of post-traumatic stress disorder, sixteen-year-old Loa Lindgren tries to use her problem solving skills, sharpened in physics and computer programming, to cure herself.



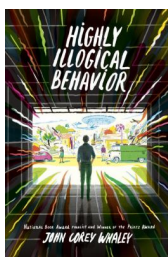
***Get Well Soon* by Julie Halpern**

When her parents confine her to a mental hospital, an overweight teenaged girl, who suffers from panic attacks, describes her experiences in a series of letters to a friend.



***A Heart in a Body in the World* by Deb Caletti**

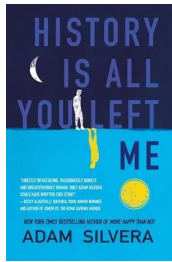
Followed by Grandpa Ed in his RV and backed by her brother and friends, Annabelle, eighteen, runs from Seattle to Washington, D.C., becoming a reluctant activist as people connect her journey to her recent trauma.



***Highly Illogical Behavior* by John Corey Whaley**

Solomon hasn't left his house in three years because of his agoraphobia. So when Lisa, an ambitious classmate determined to get into a top psychology program, learns about him, she decides to befriend him, "cure" him, and use the experience in her college application. But when her experiment leads to real

friendship between her, Solomon, and her boyfriend, Clark, the line between truth and lie gets even more murky.



***History Is All You Left Me* by Adam Silvera**

Despite the fact that Griffin's first love, Theo, moved to California for school, Griffin always believed they would find a way back to each other. But when Theo dies in a drowning accident, Griffin is distraught. There is one person who could potentially understand what Griffin is going through — Jackson, the boy Theo was dating at the time of his death. Griffin's journey through love, loss, OCD, and messy emotions, is told in alternating past and present points of view.



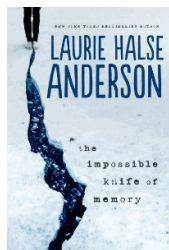
***Horrid* by Katrina Leno**

Following her father's death, Jane North-Robinson and her mom move from California to the dreary, dilapidated North Manor in Maine, where her mother grew up. As autumn arrives, Jane finds solace in old books and memories of her dad. She makes new friends, but struggles to tamp down her anger when facing bullying. Then Jane discovers that the "storage room" her mom has kept locked isn't for storage at all: it's a little girl's bedroom, left untouched for years and not quite as empty of inhabitants as it appears...



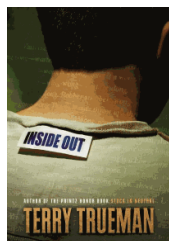
***I Will Save You* by Matt de la Peña**

Kidd, unhappy with his life in a group home and job at the beach, learns lessons about identity, love, and friendship through his relationships with Olivia, a rich girl from Cardiff, and Devon, a mysterious teen driven by a death wish.



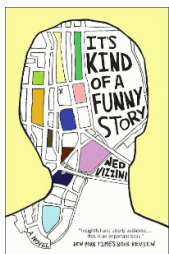
***The Impossible Knife of Memory* by Laurie Halse Anderson**

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.



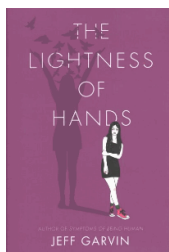
***Inside Out* by Terry Trueman**

A sixteen-year-old with schizophrenia is caught up in the events surrounding an attempted robbery by two other teens who eventually hold him hostage.



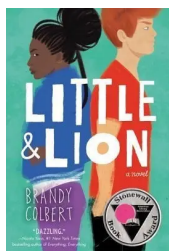
***It's Kind of a Funny Story* by Ned Vizzini**

New York City teenager Craig Gilner succumbs to academic and social pressures at an elite high school and enters a psychiatric hospital after attempting suicide.



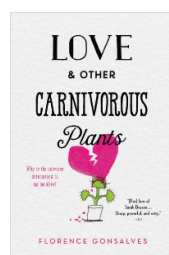
***The Lightness of Hands* by Jeff Garvin**

Highs and lows come in big waves for 16-year-old Ellie Dante, the bipolar daughter of a down-and-out magician with a heart condition, whose career plummeted after his infamous Truck Drop trick went wrong 10 years ago. The Dantes are at rock bottom in Indiana, living in a rundown RV with no gigs and no money for much-needed medication, when an offer comes that could put Ellie's father's career back on track.



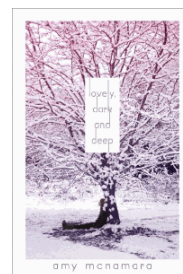
***Little & Lion* by Brandy Colbert**

Suzette's back in California for the summer after spending the year at boarding school in New England, and she's looking forward to being back home, though she's nervous about reuniting with her stepbrother, Lion. Before she left for school, she broke a promise to Lion and told their parents his bipolar disorder was getting out of control. Now that she's back, she's worried she irrevocably altered their relationship, and while she's trying to rebuild it, Lion starts to spiral again.



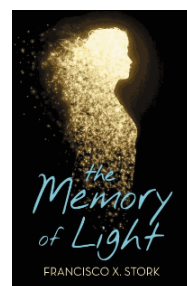
***Love & Other Carnivorous Plants* by Florence Gonsalves**

Danny left her freshman year at Harvard when she developed a severe eating disorder. Now she's home, in recovery, and falling for someone. But when tragedy strikes, her self-destructive tendencies come back to haunt her.



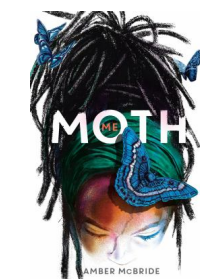
***Lovely, Dark, and Deep* by Amy McNamara**

In the aftermath of a car accident that kills her boyfriend and throws her carefully planned future into complete upheaval, high school senior Wren retreats to the deep woods of Maine to live with the artist father she barely knows and meets a boy who threatens to pull her from her safe, hard-won exile.



***The Memory of Light* by Francisco X. Stork**

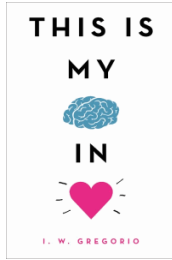
When Victoria Cruz wakes up in the psychiatric ward of a Texas hospital after her failed suicide attempt, she still has no desire to live, but as the weeks pass, and she meets Dr. Desai and three of the other patients, she begins to reflect on the reasons why she feels like a loser compared with the rest of her family, and to see a path ahead where she can make a life of her own.



***Moth* by Amber McBride**

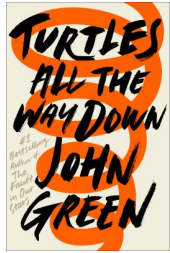
Two years after a devastating car accident killed her family as they drove from New York to northern Virginia, aspiring dancer Moth is still navigating the accident's fallout. She's resigned to living a "bland" existence in the suburbs with her aunt Jack, who has developed an alcohol reliance, and going to a school where she's ignored by classmates. When a new student--talented Navajo musician Sani--shows up in her junior homeroom class, Moth finds a kindred spirit whose similarly painful past and physically abusive stepfather compound his depression. Desperate for a change, Moth and Sani embark on a road trip out west to the Navajo Nation, where Sani's biological father lives. As the two travel, visiting national

landmarks that connect them to the ghosts of their ancestors, they each find themselves on the edge of transformation.



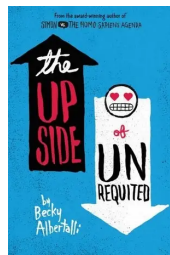
***This Is My Brain in Love* by I. W. Gregorio**

When Jocelyn's father tells her that their family restaurant, A-Plus Chinese Garden, may be going under, she enlists the help of their new employee, Will, to bring it into the 21st century. But with Jocelyn's depression and Will's anxiety — plus family prejudices and economic uncertainty — it seems like everything is threatening to keep their budding romance from ever growing into something real.



***Turtles All the Way Down* by John Green**

Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her best and most fearless friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis. Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts.



***The Upside of Unrequited* by Becky Albertalli**

Growing up can mean growing apart, which is a hard revelation for twins Cassie and Molly. When Cassie begins dating Mina, Molly feels a little cast aside. Molly, who has an anxiety disorder, has silently nursed 26 crushes and is working on finally risking the rejection she fears and starting to date. Cassie wants Molly to hook up with Mina's best friend, Will, but Molly might be more interested in sweet and endearingly geeky Reid.



***Under Rose Tainted Skies* by Louise Gornall**

Norah has agoraphobia and OCD. When groceries are left on the porch, she can't step out to get them. Struggling to snag the bags with a stick, she meets Luke. He's sweet and funny, and he just caught her fishing for groceries. Because of course he did. Norah can't leave the house, but can she let someone in? As their friendship grows deeper, Norah realizes Luke deserves a normal girl. One who can lie on the front lawn and look up at the stars. One who isn't so screwed up. Readers themselves will fall in love with Norah in this poignant, humorous, and deeply engaging portrait of a teen struggling to find the strength to face her demons. Will teenaged Norah, who is struggling with agoraphobia and OCD, accept that she could be the right one for sweet, funny Luke?



***We Are All That's Left* by Carrie Arcos**

Told in two voices, Nadja grows up in war-torn Bosnia in the 1990s and, in the present, refuses to discuss her youth with her daughter, Zara, until both are traumatized by a terrorist attack in Rhode Island.



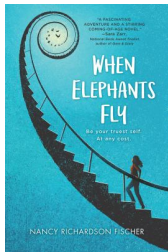
***The Weight of Our Sky* by Hanna Alkaf**

Melati Ahmad, a Malaysian 16-year-old, has OCD, but doesn't have the words for it. Instead, she believes there is a djinn inside her, and unless she adheres to a ritual of counting and tapping, she's threatened with images of her mother's death. In May of 1969, racial tensions in Kuala Lumpur boil over into riots between the Chinese and the Malays, and Melati is separated from her mother. Desperate to track down her mom, Melati can only rely on the strength and courage inside of herself (and a wee bit of help from a Chinese boy named Vincent) to reunite



***We'll Never Be Apart* by Emiko Jean**

Haunted by memories of the fire that killed her boyfriend, seventeen-year-old Alice Monroe is in a mental ward when, with support from fellow patient Chase, she begins to confront hidden truths in a journal, including that the only person she trusts may be telling her only half of the story.



***When Elephants Fly* by Nancy Richardson Fischer**

Lily Decker is a high school senior with a twelve-year plan: avoid stress, drugs, alcohol and boyfriends, and take regular psych quizzes administered by her best friend, Sawyer, to make sure she's not developing schizophrenia. Genetics are not on Lily's side. When she was seven, her mother, who had paranoid schizophrenia, tried to kill her. And a secret has revealed that Lily's odds are even worse than she thought. Still, there's a chance to avoid triggering the mental health condition, if Lily can live a careful life from ages 18-30, when schizophrenia most commonly manifests. But when a newspaper internship results in Lily witnessing a mother elephant try to kill her three-week-old calf, Swifty, Lily can't abandon the story or the calf. With Swifty in danger of dying from grief, Lily must choose whether to risk everything, including her sanity and a first love, on a desperate road trip to save the calf's life, perhaps finding her own version of freedom along the way.



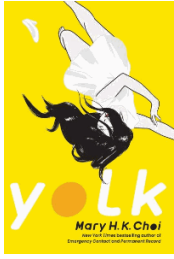
***Wintergirls* by Laurie Halse Anderson**

Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder.



***Witches of Ash and Ruin* by E. Latimer**

Seventeen-year-old Dayna Walsh is struggling to cope with her somatic OCD; the aftermath of being outed as bisexual in her conservative Irish town; and the return of her long-absent mother, who barely seems like a parent. But all that really matters to her is ascending and finally, finally becoming a full witch-plans that are complicated when another coven, rumored to have a sordid history with black magic, arrives in town with premonitions of death. Dayna immediately finds herself at odds with the bewitchingly frustrating Meiner King, the granddaughter of their coven leader. And then a witch turns up murdered at a local sacred site, along with the blood symbol of the Butcher of Manchester-an infamous serial killer whose trail has long gone cold. The killer's motives are enmeshed in a complex web of witches and gods, and Dayna and Meiner soon find themselves at the center of it all. If they don't stop the Butcher, one of them will be next.



Yolk by Mary H.K. Choi

Struggling with emotional problems and an eating disorder, Jayne, a Korean American college student living in New York City, is estranged from her accomplished older sister June, until June gets cancer.