

You Are Never Alone: YA Mental Health Reading List

Turtles All the Way Down by John Green

Aza Holmes, a high school student with obsessive-compulsive disorder, becomes focused on searching for a fugitive billionaire.

Let's Call it Doomsday by Katie Henry

Ellis Kimball, sixteen, whose anxiety disorder causes her to prepare for the imminent end of the world, meets Hannah, who claims to know when it will happen.

How It Feels to Float by Helena Fox

Sixteen-year-old Biz sees her father every day, though he died when she was seven. When he suddenly disappears, she tumbles into a disaster-land of grief and depression from which she must find her way back.

It's Kind of a Funny Story by Ned Vizzini

A humorous account of a New York City teenager's battle with depression and his time spent in a psychiatric hospital.

Mosquitoland by David Arnold

When she learns that her mother is sick in Ohio, Mim confronts her demons on a thousand-mile odyssey from Mississippi that redefines her notions of love, loyalty, and what it means to be sane.

Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches by Rae Earl

Imbued with a sense of humor, understanding, and hope, *Your Brain Needs a Hug* is a judgment-free guide for living well with your mind.

Darius the Great is Not Okay by Adib Khorram

Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life.

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The New David Espinoza by Fred Aceves

Obsessed with the idea that he is not muscular enough and tired of being bullied, David, age seventeen, begins using steroids, endangering his relationships with family and friends.

(Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health (anthology)

Presents an anthology of essays that illuminate such mental health topics as autism, bipolar disorder, body dysmorphia, depression, and healing.

The Library of Lost Things by Laura Taylor Namey

Darcy Wells finds refuge in her books as she deals with her mother's compulsive hoarding, but her life is changed when she meets Asher Fleet, a former teen pilot, who forces her to realize that she needs to stop hiding.

Lighter Than My Shadow (graphic novel) by Katie Green

Recounts the author's experiences with an eating disorder, stemming from being a picky eater in childhood and devolving into a dangerous disease.

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. Includes information and resources about PTSD.

Dear Evan Hansen by Val Emmich

Evan goes from being a nobody to everyone's hero and a social media superstar after a chance encounter with Connor just before his suicide leads others to believe Evan was his only friend.

Your mental well-being is just as important as your physical health. If you or a friend are struggling, you can go to www.crisistextline.org or text HELLO to 741741 to speak with a Crisis Counselor 24/7. Our librarians can also help you access books on any topic you need or community mental health resources. Don't hesitate to reach out to us if you are comfortable!



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