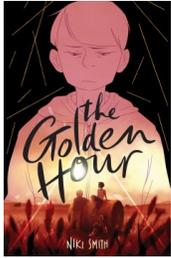


Heads Up: Changing Minds on Mental Health

by Melanie Siebert

Discusses the factors that affect mental health, historical and modern types of treatment, and mental illnesses, describes how different teens have dealt with mental health issues, and

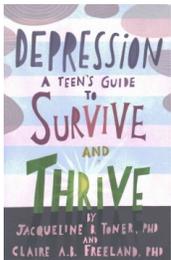
suggests ways to handle mental problems.



The Golden Hour

by Niki Smith

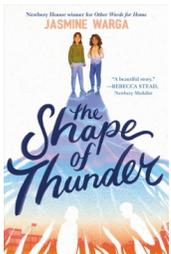
After witnessing a violent attack at school, Manuel struggles with anxiety but his cell phone camera helps him find anchors when he dissociates, and an unexpected friendship opens up new possibilities.



Depression: a Teen's Guide to Survive and Thrive

by Jacqueline B Toner

A guide to using cognitive-behavioral principles to manage and overcome depression for teenagers includes information, self-reflection quizzes, and exercises.

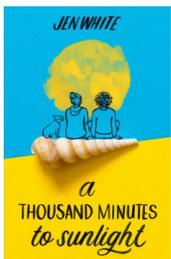


The Shape of Thunder

by Jasmine Warga

Told in their alternating voices, twelve-year-old neighbors and former best friends Cora Hamed and Quinn McCauley begin working together to open a wormhole so they can travel through time to prevent the school shooting that resulted in the deaths of

Cora's sister and Quinn's brother.



A Thousand Minutes to Sunlight

by Jen White

A middle grade girl struggling with anxiety wonders at her younger sibling's boundless energy, before the arrival of an estranged relative amid difficult family revelations leads to the discovery of the power of friendship.



The Weight of our Sky

by Hanna Alkaf

Amidst the Chinese-Malay conflict in Kuala Lumpur in 1969, sixteen-year-old Melati must overcome prejudice, violence, and her own OCD to find her way back to her mother.



Breathing Underwater

by Sarah Elisabeth Allen

Accompanying family members to the site of a time capsule they buried near their former home, a 12-year-old aspiring photographer worries about her older sister's worsening depression before discovering the power of being there for a loved one.



The Place between Breaths

by Na An

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.



Hazel Bly and the Deep Blue Sea

by Ashley Herring Blake

Traumatized and facially scarred by the accident that ended a parent's life, young Hazel joins other family members traveling for two years before settling in a Maine community, where an unlikely friend informs her about a local mermaid legend.



Starfish

by Akemi Dawn Bowman

A half-Japanese teen grapples with social anxiety and a narcissistic mother in the wake of a crushing rejection from art school before accepting an invitation to tour other art schools on the West Coast.



Fighting Words

by Kimberly Brubaker Bradley

Della relies on her older sister, Suki, for comfort and guidance during difficult times, but after Suki attempts suicide, it becomes apparent that she is struggling more than she lets on.

Updated 4/20/2022

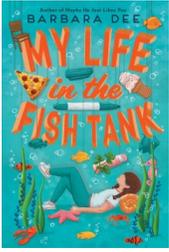


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My Life in the Fish Tank

by Barbara Dee

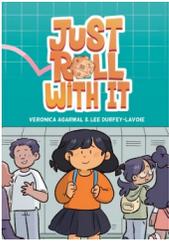
Pressured by her family to keep her older brother's mental illness private, 12-year-old Zinnia struggles with how the secret impacts her friendships and peer dynamics at school, before an opportunity to attend a dream science camp is threatened.



Verona Comics

by Jennifer Dugan

Told in two voices, cellist Jubilee and anxiety-ridden Ridley meet at a comic con where both of their families have booths, and begin a relationship they must hide from their parents.



Just Roll with It

by Lee Durfey-Lavoie

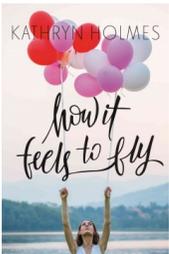
Having a tough time during her first year in middle school, Maggie needs some help from her 20-sided dice but fears she may roll the wrong number, in this graphic novel that explores the complexity of anxiety and OCD.



Under Rose-Tainted Skies

by Louise Gornall

Struggling with agoraphobia and OCD, Norah bonds with Luke, her neighbor, who encourages her to let him into her world before she becomes convinced that a normal girlfriend would be healthier for him.

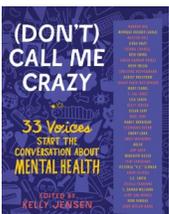


How it Feels to Fly

by Kathryn Holmes

An aspiring dancer whose dreams are challenged by body dysmorphia is sent to a treatment camp for teens struggling with mental and emotional obstacles, where she must discuss private feelings with strangers if she wants to attend a crucial ballet

intensive later in the summer.



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

by Kelly Jensen

Essays, lists, poems and art explore the ways 33 best-selling authors and celebrity contributors have coped with and thrived in the face of mental illness, in an anthology that includes

entries by Kristen Bell, Nancy Kerrigan and Libba Bray.



OCDaniel

by Wesley King

A thirteen-year-old boy's life revolves around hiding his obsessive compulsive disorder until a girl at school, who is unkindly nicknamed Psycho Sara, notices him for the first time and he gets a mysterious note that changes everything.



The Thing I'm Most Afraid Of

by Kristin Levine

While in Vienna for the summer, 12-year-old Becca, who suffers from severe anxiety, learns she is not alone in her fears when she becomes close to her dad's new girlfriend's son and the Bosnian refugee tasked with watching them.



Fight + Flight

by Jules Machias

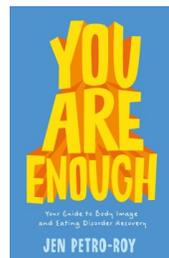
Two girls find friendship-and more-when they bond over a traumatic event that took place in their middle school.



Finding Junie Kim

by Ellen Oh

A tale based on true events follows the coming-of-age of a girl who is motivated by an act of racism at school to learn about her ancestral heritage and her grandparents' experiences as lost children during the Korean War.

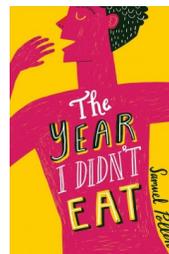


You Are Enough : Your Guide to Body Image and Eating Disorder Recovery

by Jen Petro-Roy

This nonfiction self-help book for young readers with disordered eating and body image problems delivers real talk about eating disorders and body image, tools and information for recovery, and suggestions for dealing with the media

messages that contribute so much to disordered eating.



The Year I Didn't Eat

by Samuel Pollen

Fourteen-year-old Max records his efforts to control his anorexia in a therapist-prescribed journal that also chronicles his parents' difficult relationship and his feelings for a new girl at school, Evie.