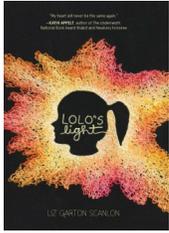


Mental Health



Lolo's Light

by Liz Garton Scanlon

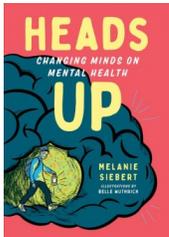
When her neighbor's infant daughter, Lolo, dies suddenly and inexplicably on the night she babysits, Millie is riddled with guilt even though there was nothing she could have done. Lexile: 820.



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. Lexile: 700.



Heads Up : Changing Minds on Mental Health

by Melanie Siebert

Shelved in the Nonfiction section.

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

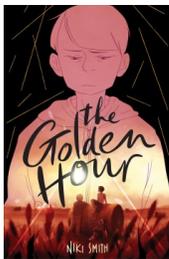
dealt with mental health issues, and suggests ways to handle mental problems. No Lexile.



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. No Lexile.



The Golden Hour

by Niki Smith

Shelved with Graphic Novels.

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. No Lexile.



Starfish

by Akemi Dawn Bowman

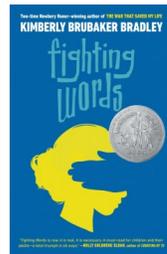
A half-Japanese teen grapples with social anxiety and a narcissistic mother in the wake of a crushing rejection from art school before accepting an invitation to tour other art schools on the West Coast. Lexile: 670.



The Summer of June

by Jamie Sumner

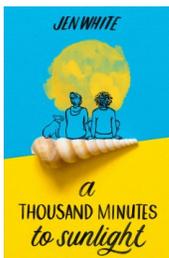
During the summer, 12-year-old June sets out to beat her anxiety with the help of a poetry-citing soccer star who believes in her, even when she doesn't believe in herself. Lexile: 720.



Fighting Words

by Kimberly Brubaker Bradley

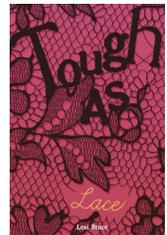
Della relies on her older sister, Suki, for comfort and guidance during difficult times, but after Suki attempts suicide, it becomes apparent that she is struggling more than she lets on. No Lexile.



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. Lexile: 540.



Tough as Lace

by Lexi Bruce

Lace is the star of her high school's lacrosse team, she's confident and brash, and she doesn't seem to worry about what other people think. But underneath her brave face, she's battling deep-seated anxiety, and she's one panic attack away from losing it all. No Lexile.



The Edge of Anything

by Nora Carpenter

After a chance encounter, loner photographer Len and volleyball star Sage develop an unlikely friendship that enables them to begin facing their inner demons. No Lexile.

Updated 01/12/23

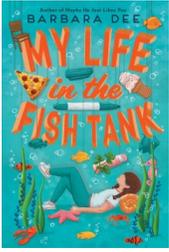


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My Life in the Fish Tank

by Barbara Dee

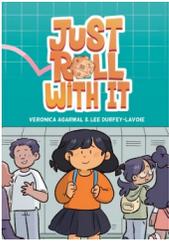
Pressured by her family to keep her older brother's mental illness private, 12-year-old Zinnia struggles with how the secret impacts her friendships and peer dynamics at school, before an opportunity to attend a dream science camp is threatened. Lexile: 620.



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. No Lexile.



Just Roll with It

by Lee Durfey-Lavoie

Shelved with Graphic Novels.

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

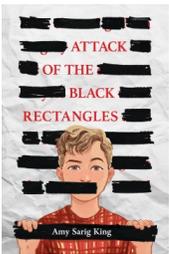
complexity of anxiety and OCD. Lexile: 370.



Perfect

by Natasha Friend

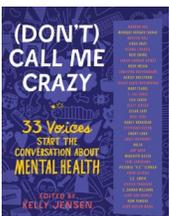
Following the death of her father, a thirteen-year-old uses bulimia as a way to avoid her mother's and ten-year-old sister's grief, as well as her own. Lexile: 590



Attack of the Black Rectangles

by A. S. King

When his classroom copy of Jane Yolen's *The Devil's Arithmetic* contains blacked out words, Mac, who was raised to call out things that are wrong, takes a stand against censorship and intolerance. Lexile: 710.



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

by Kelly Jensen

Shelved in the Nonfiction section.

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. No Lexile.



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. Lexile: 560.



The Thing I'm Most Afraid Of

by Kristin Levine

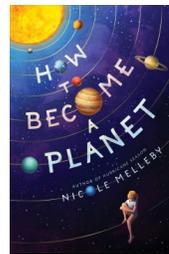
While in Vienna for the summer, 12-year-old Becca, who suffers from severe anxiety, learns she is not alone in her fears when she becomes close to her dad's new girlfriend's son and the Bosnian refugee tasked with watching them. Lexile: 620.



Fight + Flight

by Jules Machias

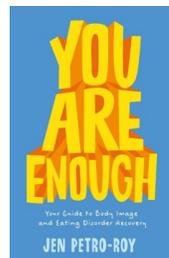
Two girls find friendship-and more-when they bond over a traumatic event that took place in their middle school. No Lexile.



How to Become a Planet

by Nicole Melleby

Wanting to stay with her mother instead of moving to her wealthier father's home in the city when she is diagnosed with severe depression and anxiety, a once-aspiring astronomer finds support from the Hayden Planetarium Hotline. No Lexile.



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

by Jen Petro-Roy

This self-help book for young readers with disordered eating and body image problems delivers real talk about eating disorders and body image, information for recovery, and suggestions for dealing with messages that contribute so much to disordered eating. Lexile: 900.



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. No Lexile.