

# teens choose & read

MENTAL  
HEALTH



ANAHEIM  
PUBLIC  
LIBRARY

An, Na

### **The Place Between Breaths**

Grace, 16, fears she will succumb to the schizophrenia that took her mom away, while she and her dad work for a genetics lab rushing to find a cure.

Fortunati, Karen

### **The Weight of Zero**

A 17-year-old suffering from bipolar disease wants to commit suicide, but a meaningful relationship and the care of a gifted psychiatrist alter her perception of her diagnosis as a death sentence.

Ganger, Candace

### **Six Goodbyes We Never Said**

Teens Naima Rodriguez, who suffers from obsessive-compulsive disorder and generalized anxiety disorder, and Dew Brickman, who has social anxiety, bond over their mutual loss of both parents.

Krosoczka, Jarrett

### **Hey Kiddo**

In this graphic novel, Jarrett's family is complicated. His mom is an addict and his father is a mystery. He moves in with his grandparents and they all have to adjust.

Lawson, Liz

### **The Lucky Ones**

In the aftermath of a school tragedy, May and Zach struggle with grief, survivor's guilt, and the emotional impact of the event, learning how to heal and hope in the face of it all.

Leav, Lang

### **Sad Girls**

Audrey starts suffering from panic attacks after a lie she told left one of her classmates dead. After meeting Rad she finds hope but their romance may be ill-timed and push her closer to the edge.

Woodfolk, Ashley

### **When You Were Everything**

In New York City, this book follows the breakup of teenage best friends Cleo and Layla, told in alternating timelines, where they struggle with the idea that you can't rewrite the past, but you can always choose to start again.

TEEN 616.85 HUTC

Hutchinson, Shaun David

### **Your Brain Needs a Hug : Life, Love, Mental Health, and Sandwiches**

Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship.

TEEN 616.85 PETR

Petro-Roy, Jen

### **You Are Enough**

An inclusive guidebook delivers advice about eating disorders and body image, tools and information for recovery, and suggestions how to deal with family, friends and media.

TEEN 616.85 SCAR

Scarlet, Janina

### **Superhero Therapy: Mindfulness Skills to Help Teens & Young Adults Deal With Anxiety, Depression and Trauma.**

A hero's journey begins with a struggle, dealing with the monsters, training your mind and yourself.

TEEN 811.6 LOVE

Lovelace, Amanda

### **Break Your Glass Slippers**

Popular poet returns with a new series about overcoming those who don't see your worth, even if that person is sometimes yourself.