

NONFICTION

In order by call # in the Teen Spaces (YA) at Kennedy (K) and/or Westergard (W).

Everything You Need to Know About Stress and Depression YA 155.9042 PARYS (K/W)
Equips teens with an understanding of the mechanics behind stress and depression and gives practical, compassionate advice for dealing with these issues.

Freaking Out: Real-Life Stories About Anxiety, YA 158.1083 Wells (K)
Presents true accounts of teenagers with varying levels of anxiety disorders, exploring how they dealt with such issues as peer pressure, perfectionism, grief, and self-mutilation.

Everything You Need to Know About Sexual Consent YA 176.4 MOONEY (K/W)
Learn how to set and respect each others' boundaries and what to do if those boundaries are ignored.

Teen Suicide, YA 362.2808 Teen (K/W)
Discusses issues surrounding adolescent suicide.

Being Me With OCD: How I Learned to Obsess Less and Live My Life, YA 616.8522 Dotson (K)
Discusses the symptoms, diagnosis, and treatment of OCD and includes advice on finding help and living a fuller, happier life.

When The Mirror Lies : Anorexia, Bulimia, And Other Eating Disorders YA 618.8526 ORR (K)
Explores the possible causes and cures for eating disorders through real-life stories and includes information on symptoms and treatment options.

Living With Anxiety Disorders, YA 616.85 Hand (K/W)
Provides information about anxiety disorders, including symptoms, impact on everyday activities, and where to seek help.

Super Hero Therapy YA 616.852 Scarlet (K)
Mindfulness skills to help teens and young adults deal with anxiety, depression and trauma.

ONLINE RESOURCES

American Psychiatric Association
<http://www.psychiatry.org/mental-health>

- Includes information on many different topics including depression, anxiety disorders, schizophrenia, eating disorders, and bullying.

Medline Plus: Teen Mental Health
<http://www.nlm.nih.gov/medlineplus/teenmentalhealth.html>

- Learn more about mental health problems and how to get help.

National Suicide Prevention Hotline
<http://www.suicidepreventionlifeline.org/>

- You can call for many reasons including help with substance abuse, relationship and family problems, sexual orientation, illness, depression, mental and physical illness, and even loneliness.

Teens Health: Mind
http://teenshealth.org/teen/your_mind

- Topics include bipolar disorder, cutting, fears and phobias, and going to a therapist.

Mental Health



Congratulations!

You have taken an interest in a topic that is super important, especially if you want to keep your mind & body healthy. So, if you are a Teen interested in learning more about dealing with stress, everyday pressures, and how to cope with the rough stuff, this guide is all yours.

As always, we're still here to help you find any information you're looking for. Speak with a Librarian at Kennedy (K) or Westergard (W)!

Kennedy Library: 500 Hoes Lane
732-463-1633

Westergard Library: 20 Murray Ave
732-752-1166

<http://www.piscatawaylibrary.org/teenscene>

Piscataway Public Library

Teen Services Department

May 2018

(Many annotations are from the library's catalog)

MORE NON-FICTION

Monochrome Days: A Firsthand Account of One Teenager's Experience With Depression, YA

616.8527 Irwin (K/W)

The author shares her experiences with depression.

Hello, Cruel World : 101 alternatives to suicide for teens, freaks, and other outlaws, YA

616.8584 Bornstein (K/W)

Suicide prevention for teens who don't consider themselves part of mainstream culture.

I Don't Want to Be Crazy: A Memoir of Anxiety Disorder, YA 811.6 Schutz (K)

This poetry memoir tells the true story of growing up, breaking down, and coming to grips with an anxiety disorder.

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In order by author's last name in the Teen Spaces (YA) at Kennedy (K) and/or Westergard (W) unless otherwise noted.

Wintergirls, Anderson (K/W)

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

Thirteen Reasons Why, Asher (K/W)

Clay receives a box containing 13 tapes recorded by his classmate Hannah, who committed suicide, recounting the events leading up to her death.

Before My Eyes, Bock (K)

Told in 3 separate voices, Claire, with her complicated home and love life, Max, a state senator's son whose parents don't see his pain, and paranoid schizophrenic Barkley all teeter on the brink of destruction.

The Nature of Jade, Caletti (K)

Jade's life is defined by her anxiety disorder and dysfunctional family, until she befriends a mysterious boy with a baby.

The Chance You Won't Return, Cardi (K)

Alex struggles to hold her life together in the face of her mother's delusions about being Amelia Earhart.

The Perks of Being a Wallflower, Chbosky (K/W)

Introverted Charlie copes with traumatic events by writing letters to an unknown recipient.

Al Capone Does My Shirts, Choldenko (K/W)

Moose moves to Alcatraz Island in 1935 and has to contend with his extraordinary new environment in addition to life with his autistic sister.

Skinny, Cooner (K)

After undergoing gastric-bypass surgery, Ever begins the uphill battle toward change.

Turtles All the Way Down, Green (K/W)

16-year-old Aza Holmes lives with multiple anxiety disorders, and searches for a fugitive billionaire.

The Curious Incident of the Dog in the Night-Time, Haddon (K/W)

Despite his fear of interacting with people, Christopher investigates the murder of a neighbor's dog.

Impulse, Hopkins (K)

3 teens, who meet at a mental hospital after each has attempted suicide, connect with each other in a way they never have before.

How I Made It to Eighteen, YA COMIX How (W)

This graphic novel shows struggles with self-esteem, body image, drug addiction, and anxiety.

Finding Audrey, Kinsella (W)

Audrey, 14, is making slow but steady progress dealing with her anxiety disorder when Linus comes into the picture and her recovery gains momentum.

Say What You Will, McGovern (K)

A girl with cerebral palsy and a boy with an obsessive-compulsive disorder are assigned to spend time together in what becomes an unexpected friendship.

Stronger Than You Know, Perry (W)

After 15 years of abuse and neglect by her mother and her mother's boyfriends, Joy struggles to understand and accept a normal life.

Forgive Me, Leonard Peacock, Quick (K)

A day in the life of a suicidal teen boy saying good-bye to the four people who matter most to him.

The Things a Brother Knows, Reinhardt (K/W)

Levi follows his older brother Boaz, an ex-Marine, on a walking trip in the hopes of learning why Boaz is completely withdrawn.

Dr. Bird's Advice for Sad Poets, Roskos (K)

James tries to cope with his depression and anxiety by writing poems, hugging trees, and figuring out why his sister has been kicked out of the house.

Black Box, Schumacher (K/W)

When her sister is hospitalized for depression and her parents want to keep it a secret, Elena tries to cope with her own anxiety and feelings of guilt.

Marcelo in the Real World, Stork (K/W)

Marcelo, who is on the autistic spectrum, faces new challenges, including romance and injustice, when he goes to work for his father.

The Unlikely Hero of Room 13B Toten (W)

Adam tries to both understand his OCD, and to balance his relationship with his divorced parents, while coping with life as a teenager.

MORE FICTION!

The Impossible Knife of Memory, Anderson (K/W); **Speak**, Anderson (K/W); **Will Grayson, Will Grayson**, Green (K/W); **Identical**, Hopkins (K/W); **Complicit**, Kuehn (K); **The Half Life of Molly Pierce**, Leno (K); **All the Bright Places**, Niven (K); **Stained**, Rainfield (W); **Mindblind**, Roy (K); **OCD, The Dude, and Me**, Vaughn (K); **It's Kind of a Funny Story**, Vizzini (K); **Don't Touch**, Wilson (K); **The Museum of Intangible Things**, Wunder (K); **Falling Into Place**, Zhang (K)