

High School Mental Health Booklist



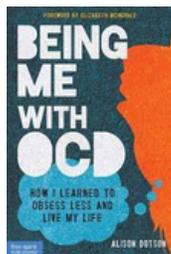
Sparrow

by Laurie Anderson (Suicide/Anxiety)
The story of a sensitive, gifted African American girl who tells us with biting humor what it feels like to spend every day wishing so hard that you could fly away from it all.



When We Collided

by Emery Lord (Bipolar)
Vivi is in love with life. Charming and unfiltered, she refuses to be held down by the medicine she's told should make her feel better. But it's not long before Vivi's zest for life begins to falter. Soon her adventurousness becomes all-out danger-seeking.



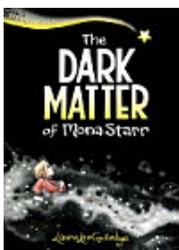
Being Me with OCD

by Alison Dotson (Obsessive Compulsive Disorder)
Part memoir, part self-help book, Being Me with OCD tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottom—and how she found hope, got help, and eventually climbed back to a fuller, happier life.



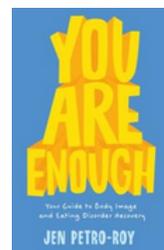
A Better High

by Matt Belace, PhD (Substance Use)
A book about empowering people to learn alternative ways to feel good. Chapters include: 1. How to Get High Naturally; 2. Laughing, Smiling and Other Highs Better Than Cocaine; 3. Running, Surfing and Other Highs Better Than Weed; etc.



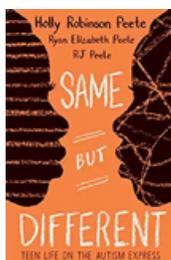
The Dark Matter of Mona Starr

by Laura Lee Guldge (Depression)
Sometimes, the world is too much for Mona Starr. She's sweet, geeky, and creative, but it's hard for her to connect with other people. Mona's struggle with depression takes on a vivid, concrete form. Mona calls it her Matter. But through therapy, art, writing, and the persistence of a few good friends, Mona starts to understand her Matter.



You Are Enough

by Jen Petro-Roy (Eating Disorder)
This nonfiction self-help book is for readers with eating disorders and body image issues. It delivers real talk about eating disorders and body image, provides tools and information for recovery, and offers suggestions for dealing with the media messages that contribute so much to eating disorders.



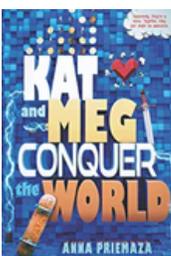
Same but Different

by Holly Robinson Peete (Autism)
Being a teen with autism can get pretty tough—especially when you're up against dating, parties, sports, body changes, and other kids who just don't 'get' you. Teenagers Ryan Elizabeth Peete and her twin brother, Rodney, who has autism, share their up-close-and-personal experiences on what it means to be a teen living with autism.



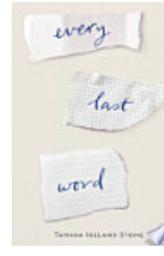
The Nature of Jade

by Deb Caletti (Anxiety)
Since being diagnosed with Panic Disorder, Jade DeLuna is trying her best to stay calm, and visiting the elephants at the nearby zoo seems to help. That's why Jade keeps the live zoo webcam on in her room, which is where she first sees Sebastian. When she finally meets him, their connection is immediate.



Kat and Meg Conquer the World

by Anna Priemaza (Attention Deficit Hyperactivity Disorder)
Kat and Meg couldn't be more different. Kat's anxiety makes it hard for her to talk to people. Meg hates being alone, but her ADHD keeps pushing people away. But when the two girls are thrown together for a year-long science project, they discover they do have one thing in common.



Every Last Word

by Tamara Ireland Stone (Obsessive-Compulsive Disorder/Anxiety)
Consumed by a stream of dark thoughts and worries that she can't turn off, a girl coping with her OCD thoughts learns to accept herself and take control of her life through her experiences in poetry club.



Are You Ok?

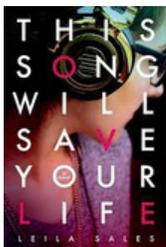
by Kati Morton (Mental Health in general)
Are you ok? walks readers through the most commonly asked questions about mental health and the process of getting help. From finding the best therapist to navigating harmful and toxic relationships and everything in between.



Little and Lion

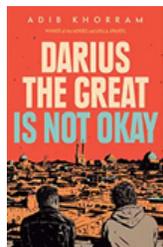
by Brandy Colbert (Family member- Bipolar Disorder)
A stunning novel of love, identity, loss, and redemption, featuring diverse characters grappling with such issues as bipolar illness and bisexuality.

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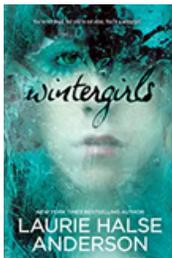
This Song Will Save Your Life

by Leila Sales (Depression/Suicide)
Making friends has never been Elise Dembowski's strong suit. All throughout her life, she's been the butt of every joke and the outsider in every conversation. When a final attempt at popularity fails, Elise nearly gives up. Then she stumbles upon a warehouse party where she meets new friends.



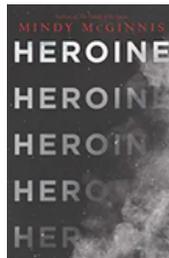
Darius The Great Is Not Okay

by Adib Khorram (Depression)
Darius has never really fit in at home, and he's sure things are going to be the same in Iran. His clinical depression doesn't exactly help matters, and trying to explain his medication to his grandparents only makes things harder. Then Darius meets Sohrab, the boy next door, and everything changes.



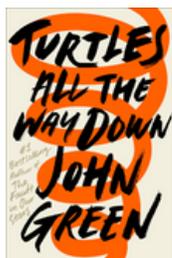
Winter Girls

by Laurie Anderson (Eating Disorder/Suicide)
Lia and Cassie are best friends, wintergirls frozen in fragile bodies, competitors in a deadly contest to see who can be the thinnest. But then Cassie suffers the ultimate loss—her life—and Lia is left behind, haunted by her friend's memory and racked with guilt for not being able to help save her.



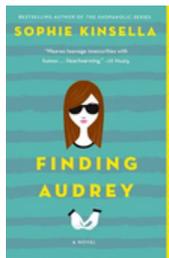
Heroine

by Mindy McGinnis (Substance Use)
When a car crash sidelines Mickey just before softball season, she has to find a way to hold on to her spot as the catcher. Behind the plate is the only place she's ever felt comfortable, and the painkillers she's been prescribed can help her get there. The pills do more than take away pain; they make her feel good.



Turtles All The Way Down

by John Greene (Obsessive Compulsive Disorder)
It all begins with a fugitive billionaire and the promise of a cash reward. Turtles All the Way Down is about lifelong friendship, the intimacy of an unexpected reunion and Star Wars fan fiction. But at its heart is Aza Holmes, a young woman navigating daily existence within the ever-tightening spiral of her own thoughts.



Finding Audrey

by Lisa Thompson (Anxiety/Grief)
Audrey wears dark glasses all the time, even in the house. She almost never goes out, doesn't talk to new people, and finds making eye contact to be nearly impossible. But then one day she meets Linus. Linus is her brother's friend and a sensitive spirit with whom she can talk through her fears. As their friendship deepens, Audrey's recovery gains momentum.



Things I Should Have Known

by Claire LaZebnik (Sister Diagnosed w/ Autism)
A Los Angeles girl on a quest to find love for her autistic sister, Ivy. Uncommonly honest, this is a story about sisterhood, autism, and first love.

Need some help?
Hotlines, local programs,
stress advice, & more –
just for teens.



charihoyouth.org/mh



Special thanks to the volunteers who reviewed and compiled this list as part of the Coalition's children's mental health prevention efforts.

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