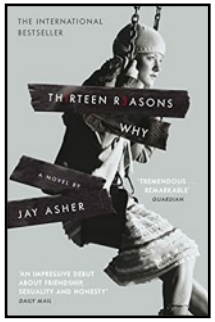
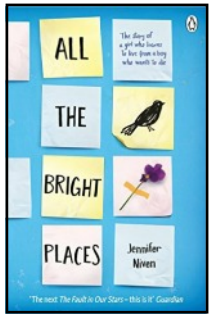
Thirteen Reasons Why
Jay Asher



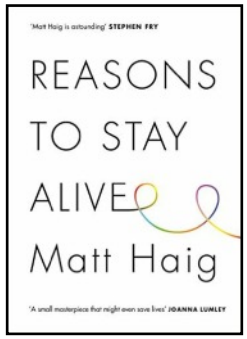
Clay Jensen comes home from school to find a series of cassette tapes recorded by Hannah Baker - his classmate and crush. Only, she committed suicide two weeks earlier. On the first tape, Hannah explains that there are 13 reasons why she did what she did - and Clay is one of them.

All the Bright Places
Jennifer Niven



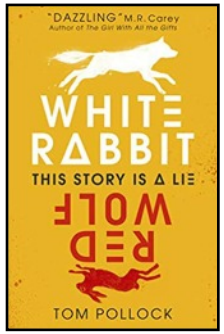
When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom. It's only with Violet that Finch can be himself - a weird, funny, live-out-loud guy who's not such a freak after all. And it's only with Finch that Violet can forget to count away the days and start living them.

Reasons to Stay Alive*
Matt Haig



Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive.

White Rabbit Red Wolf*
By Tom Pollock



Seventeen-year-old Peter Blankman is a maths prodigy. He also suffers from severe panic attacks. When his mother is found stabbed before an award ceremony and his sister is nowhere to be found, Pete is dragged into a world of espionage and violence where state and family secrets intertwine.

King's

Alan Cooper Library

Book Suggestions

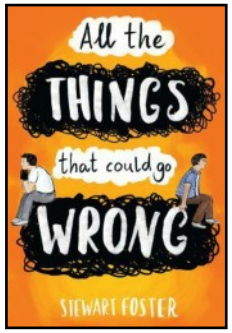
Fiction Books on Mental Health



You can find **non-fiction** books on mental health issues at shelf number 616.8

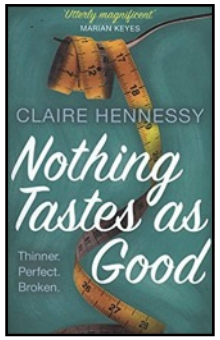
***Suitable for older readers**

All The Things That Could Go Wrong by Stewart Foster



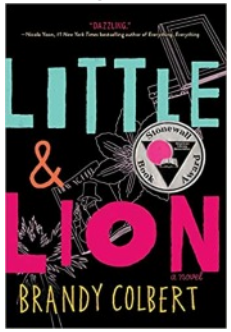
Alex's OCD is so severe that it's difficult for him to even leave his house some days. His classmate Dan is so angry that he lashes out at the easiest target he can find at school: Alex. When their moms arrange for Alex and Dan to spend time together over winter break, it seems like a recipe for certain disaster...until it isn't.

Nothing Tastes as Good* Claire Hennessy



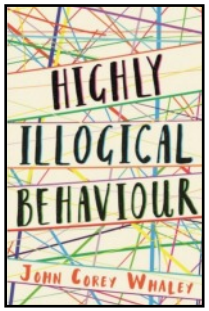
Annabel is dead. Despite having strived to be 'lighter than air' back when she was alive, the consequences of that yearning haven't quite sunk in yet. Julia Jacobs is fat. Which Annabel immediately notices when she's assigned as Julia's ghostly helper.

Little and Lion* By Brandy Colbert



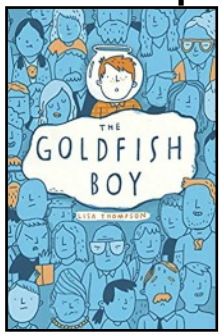
Suzette's stepbrother, Lionel, has been diagnosed with bipolar disorder. Suzette finds herself falling for the same girl her brother is in love with. When Lionel's disorder spirals out of control, Suzette is forced to confront her past mistakes and find a way to help her brother before he hurts himself - or worse.

Highly Illogical Behaviour John Corey Whaley



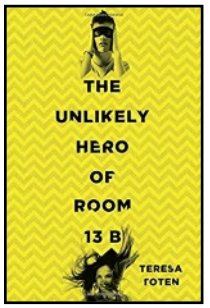
Solomon is agoraphobic. He hasn't left the house in three years, which is fine by him. Determined to "fix" Sol, Lisa thrusts herself into his life, sitting through Star Trek marathons with him and introducing him to her charming boyfriend Clark. Soon, all three teens are far closer than they thought they'd be.

Goldfish Boy By Lisa Thompson



Matthew is trapped in his bedroom by crippling OCD, spending most of his time staring out of his window as the inhabitants of Chestnut Close go about their business. Until the day he is the last person to see his next door neighbour's toddler, Teddy, before he goes missing.

The Unlikely Hero of Room 13 B* By Teresa Toten



The instant Adam meets Robyn in his Young Adult OCD Support Group, he is hopelessly, desperately drawn to her. She's just been released from a residential psychiatric program—the kind for the worst, most difficult-to-cure cases; Adam immediately knows that he has to save Robyn.