Novels and Other Books about Social-Emotional Health:
in the NHS Library

Aceves, Fred. ***The New David Espinoza*** - Obsessed with the idea that he is not muscular enough and tired of being bullied, David, age seventeen, begins using steroids, endangering his relationships with family and friends. (bodybuilding, body dysmorphia, steroid abuse)

Anderson, Laurie Halse. ***Wintergirls*** - Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder. (anorexia, cutting, suicide)

Anderson, Laurie Halse. ***Speak: the Graphic Novel*** - A traumatic event near the end of the summer has a devastating effect on Melinda's freshman year in high school. (depression, anxiety, post-traumatic stress, victims)

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Anderson, Laurie Halse. ***The Impossible Knife of Memory*** - Hayley Kincaid and her father move back to their hometown to try a 'normal' life, but the horrors he saw in the war threaten to destroy their lives. (PTSD)

Bailey, Lily. ***Because We Are Bad: OCD and a Girl Lost in Thought*** - A memoir by a young woman about her childhood battle with debilitating obsessive compulsive disorder, and her hard-won journey to recovery.

Barnard, Sara. ***A Quiet Kind of Thunder*** - A girl who can't speak and a boy who can't hear go on a journey of self-discovery and find support with each other.

Britz, Allison. ***Obsessed: a Memoir of My Life with OCD*** - A brave teen recounts her debilitating struggle with obsessive-compulsive disorder--and brings readers through every painful step as she finds her way to the other side--in this powerful and inspiring memoir.

Brosh, Allie. ***Hyperbole and a Half: Unfortunate Situations, Flawed Coping Mechanisms, Mayhem, and Other THings That Happened*** - (graphic novel) Allie Brosh, creator of the web comic and blog "Hyperbole and a Half," shares illustrated stories from her childhood as well as the challenges she faces as an adult.

Burkhart, Jessica, editor. ***Life Inside My Mind: 31 Authors Share Their Personal Struggles*** - Thirty-one YA authors share their own struggles with mental illness, ranging from such topics as neurodiversity and addiction to OCD and PTSD.

Caletti, Deb. ***A Heart in a Body in the World*** - Followed by Grandpa Ed in his RV and backed by her brother and friends, Annabelle, eighteen, runs from Seattle to Washington, D.C., becoming a reluctant activist as people connect her journey to her recent trauma. (PTSD)

Davis, Rachael. ***A Mind Like Mine: 21 Famous People and their Mental Health -*** tells the hidden mental health stories of 21 famous figures from science, sport, music and politics, from past and present.

Dessen, Sarah. ***Just Listen*** - Isolated from friends who believe the worst because she has not been truthful with them, sixteen-year-old Annabel finds an ally in classmate Owen, whose honesty and passion for music help her to face and share what really happened at the end-of-the-year party that changed her life. (PTSD, eating disorders)

Dunkle, Elena. ***Elena Vanishing*** - The story of a girl whose armor against anxiety becomes artillery against herself as she battles on both sides of a lose-lose war in a struggle with anorexia. (memoir, anoxia)

Fagan, Kate. ***What Made Maddy Run: The Secret Struggles and Tragic Death of an All-American Teen*** - A sports journalist relates the story of Ivy League freshman and track star Maddy Holleran, who seemingly had it all and succeeded at everything she tried, but who secretly grappled with mental illness before taking her own life during the spring semester. (depression, suicide)

Fox, Helena. ***How it Feels to Float*** - Sixteen-year-old Biz sees her father every day, though he died when she was seven. When he suddenly disappears, she tumbles into a disaster-land of grief and depression from which she must find her way back (depression, anxiety, panic attacks)

Forman, Gayle. ***I Have Lost My Way*** - Three teenagers, Freya, Harun, and Nathaniel feel lost in various ways and when they collide in Central Park, they begin to find purpose in their lives. (self realization, loss)

Gardner, Faith. ***Girl on the Line*** - (bipolar disorder, suicide) After an attempted suicide and bipolar diagnosis, Journey decides to volunteer at a crisis center and discovers a community of people that may help her find the light within herself that she did not know existed.

Glasgow, Kathleen. ***Girl in Pieces*** - As she struggles to recover and survive, seventeen-year-old homeless Charlotte "Charlie" Davis cuts herself to dull the pain of abandonment and abuse. (cutting, suicide)

Glasgow, Kathleen. ***You'd Be Home Now*** - After a fatal car accident that reveals Emory's brother Joey's opioid addiction, Emory struggles to help him on his road to recovery and make herself heard in a town that insists on not listening. (substance abuse)

Gornall, Louise. ***Under Rose-Tainted Skies*** - Will teenaged Norah, who is struggling with agoraphobia and OCD, accept that she could be the right one for sweet, funny Luke?

Gottlieb, Lori. ***Maybe You Should Talk to Someone: a Therapist, Her Therapist, and Our Lives Revealed*** - The author shares her life of listening to patients as a therapist to actually going to a therapist for herself. Shares the journey she took to discovering her heart, mind, and what it mean to be human. (psychotherapists, Therapist and Patient)

Gottlieb, Lori. ***Stick Figure: A Diary of My Former Self*** - The author shares her childhood diaries, chronicling her experiences as an eleven-year-old anorexic.

Green, John. ***Turtles All the Way Down*** - Aza Holmes is a young woman navigating daily existence within the ever-tightening spiral of her own thoughts. (OCD, anxiety)

Green, John. ***Looking for Alaska*** - Sixteen-year-old Miles' first year at Culver Creek Preparatory School in Alabama includes good friends and great pranks, but is defined by the search for answers about life and death after a fatal car crash. (depression)

Green, Katie. ***Lighter Than My Shadow*** - (graphic novel) In graphic novel format looks at the life of Katie Green who recovered form a eating disorder and child abuse.

Gregorio, I. W. ***This is My Brain in Love*** - Rising high school juniors Jocelyn Wu and Will Domenici fall in love while trying to save the Wu family restaurant, A-Plus Chinese Garden. (anxiety disorders)

Haig, Matt. ***Reasons to Stay Alive*** - Matt Haig's ... memoir of his struggle with depression, and how his triumph over the illness taught him to live. (depression, suicide)

Hand, Cynthia. ***The Last Time We Say Goodbye*** - After her younger brother, Tyler, commits suicide, Lex struggles to work through her grief in the face of a family that has fallen apart, the sudden distance between her and her friends, and memories of Tyler that still feel all too real. (suicide, grief)

Hopkins, Ellen. ***Impulse*** - Three teens who meet at Reno, Nevada's Aspen Springs mental hospital after each has attempted suicide connect with each other in a way they never have with their parents or anyone else in their lives.

Hutchinson, Shaun David. ***We are the Ants*** - After the suicide of his boyfriend, Henry deals with depression and family issues, all while wondering if he was really abducted and told he has 144 days to decide whether or not the world is worth saving. (depression)

Jensen, Kelly. ***(Don't) Call Me Crazy: 33 Voices Start the Conversation about Mental Health*** - An anthology of essays and illustrations that illuminate mental health topics in a straightforward way.

Kaysen, Susanna. ***Girl, Interrupted*** - The author offers a compelling memoir of her two years as a teenager in a psychiatric hospital, sharing vivid portraits of her fellow patients, their keepers, and her experiences during treatment.

Khorram, Adib. ***Darius the Great is Not Okay*** - Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life.

Kinsella, Sophie. ***Finding Audrey*** - Fourteen-year-old Audrey is making slow but steady progress dealing with her anxiety disorder when Linus comes into the picture and her recovery gains momentum. (social anxiety)

Kolker, Robert. ***Hidden Valley Road: Inside the Mind of an American Family*** - Don and Mimi Galvin seemed to be living the American dream. After World War II, Don's work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins--aspiration, hard

work, upward mobility, domestic harmony--and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after the other, were diagnosed as schizophrenic. How could all this happen to one family? What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institutes of Mental Health. (schizophrenia)

LaCour, Nina. ***Hold Still*** - As she reads the journal left by her best friend, who committed suicide, Caitlin struggles with powerful feelings of loss, sadness, and guilt, but friends and a first love help her to cope with her negative emotions.

McCurdy, Jeanette. ***I'm Glad My Mom Died*** - A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor-including eating disorders, addiction, and a complicated relationship with her overbearing mother-and how she retook control of her life.

Niven, Jennifer. ***All the Bright Places*** - Told in alternating voices, when Theodore Finch and Violet Markey meet on the ledge of the bell tower at school, both teetering on the edge, it's the beginning of an unlikely relationship, a journey to discover the "natural wonders" of the state of Indiana, and two teens' desperate desire to heal and save one another. (bipolar disorder)

Oshiro, Mark. ***Anger is a Gift*** - (panic attacks) Struggling with panic attacks and grief over his father's death, high school junior Moss, in the face of a racist school administration, decides to organize a protest that escalates into violence.

Quick, Matthew. ***The Silver Linings Playbook*** - Pat Peoples returns to his parent's home after a lengthy stay at a health facility following the betrayal of his wife, Nikki, and shows how he regains his memory and recovers from his depression and loss.

Shusterman, Neal. ***Challenger Deep*** - A teenage boy struggles with schizophrenia.

Silvera, Adam. ***History is All You Left Me*** - (OCD) Secrets are revealed as OCD-afflicted Griffin grieves for his first love, Theo, who died in a drowning accident.

Tate, Christie. ***Group: How One Therapist and a Circle of Strangers Saved My Life*** - Tate had just been named the top student in her law school class and finally had her eating disorder under control. Why then was she envisioning putting an end to the isolation and sadness that still plagued her despite her achievements? Enter Dr. Rosen, a therapist who calmly assured her that if she joins one of his psychotherapy groups, he can transform her life. All she has to do is show up and be honest. About everything: her eating habits, childhood, sexual history, etc. Rosen's nine-word prescription: 'You don't need a cure. You need a witness.' As Tate's defenses break down and she comes to trust Dr. Rosen and to depend on the sessions and the prescribed nightly phone calls with various group members, she begins to understand what it means to connect.

Toten, Teresa. ***The Unlikely Hero of Room 13B*** - Adam not only is trying to understand his OCD, while trying to balance his relationship with his divorced parents, but he's also trying to navigate through the issues that teenagers normally face, namely the perils of young love.

Tung, Debbie. ***Everything is Ok*** - (graphic novel) (memoir, anxiety, depression) The story of Debbie Tung's struggle with anxiety and her experience with depression. She shares what it's like navigating life, overthinking every possible worst-case scenario, and constantly feeling like all hope is lost. The book explores her journey to understanding the importance of mental health in her day-to-day life and how she learns to embrace the highs and lows when things feel out of control. Debbie opens up about deeply personal issues and the winding road to recovery, discovers the value of self-love, and rebuilds a more mindful relationship with her mental health. In this graphic memoir, Debbie aims to provide positive and comforting messages to anyone who is facing similar difficulties or is just trying to get through a tough time in life. She hopes to encourage readers to be kinder to themselves, to know that they are not alone, and that it's okay to be vulnerable because they are not defined by their mental health struggles.

Vizzini, Ned. ***It's Kind of a Funny Story*** - New York City teenager Craig Gilner succumbs to academic and social pressures at an elite high school and enters a psychiatric hospital after attempting suicide.

Whaley, John Corey. ***Highly Illogical Behavior*** - (agoraphobia) Agoraphobic sixteen-year-old Solomon has not left his house in three years, but Lisa is determined to change that--and to write a scholarship-winning essay based on the results. (National Book Award finalist and winner of the Printz Award)

Zappia, Francesca. ***Made You Up*** - Armed with her camera and a Magic 8-Ball and her only ally (her little sister), Alex wages a war against her schizophrenia, determined to stay sane long enough to get into college.

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