

BIBLIOTHERAPY: MENTAL HEALTH BOOKS FOR TEENS

- Alene, Cathering. *The Sky between You and Me*. -- Anorexia. *Print & Ebook*.
- Allen, Rachel. *A Taxonomy of Love*. -- Tourette's Syndrome.
- Anderson, Laurie Halse. *Impossible Knife of Memory*. -- PTSD. *Print & Ebook*.
- Anderson, Laurie Halse. *Wintergirls*. -- Eating disorders. *Print & Ebook*
- Asher, Jay. *Thirteen Reasons Why*. -- Depression; suicide. *Print & Ebook*.
- Ballard, Alexandra. *What I Lost*. -- Anorexia.
- Baskin, Nora Raleigh. *Anything but Typical*. -- Autism.
- Caletti, Deb. *The Nature of Jade*. -- Anxiety disorder
- Choldenko, Gennifer. *Al Capone Does My Shirts*. -- Autism. *Print & Ebook*.
- Coburn, Jake. *Love Sick*. -- Eating disorders.
- Colasanti, Susane. *Waiting for You*. -- Anxiety disorder.
- Creedle, Laura. *The Love Letters of Abelard and Lily*. -- ADHD; Asperger's. *Print & Ebook*.
- Dessen, Sarah. *Just Listen*. -- Eating disorders. *Print & Ebook*.
- Doller, Trish. *Something Like Normal*. -- PTSD. *Print & Ebook*.
- Draper, Sharon M. Hazlewood High Trilogy: *Tears of a Tiger; Forged by Fire; Darkness Before Dawn*. -- Depression.
- Fiore, Kelly. *Thicker Than Water*. -- Drug abuse. *Ebook*.
- Forman, Gayle. *I Was Here*. -- Depression; suicide. *Print & Ebook*.
- Friesen, Jonathan. *Jerk, California*. -- Tourette's syndrome.
- Gonsalves, Florence. *Love and Other Carnivorous Plants*. -- Eating disorders; alcoholism.
- Green, John. *Turtles All the Way Down*. -- Anxiety disorder; OCD.
- Green, John, and Levithan, David. *Will Grayson, Will Grayson*. -- Depression. *Print & Ebook*.
- Griffin, Adele. *Where I Want to Be*. -- Mental illness.
- Haddon, Mark. *The Curious Incident of the Dog in the Night-Time*. -- Autism. *Print & Ebook*.
- Halpern, Julie. *Get Well Soon and Have a Nice Day*. -- Mental illness; psychiatric hospitals; depression.
- Hand, Cynthia. *The Last Time We Say Goodbye*. -- Suicide. *Ebook only*.
- Hautman, Pete. *Invisible*. -- Mental illness.
- Haydu, Corey Ann. *OCD Love Story*. -- OCD.
- Hoban, Julia. *Willow*. -- Self-harm. *Print & Ebook*.
- Hopkins, Ellen. *Impulse*. -- Bipolar disorder; suicide.
- Hubbarb, Jenny. *And We Stay*. -- Suicide. *Print & Ebook*.
- Hutchinson, Shaun David. *We Are the Ants*. -- Depression; suicide.
- Jenkins, A.M. *Damage*. -- Depression.
- Johnson, Angela. *A Certain October*. -- Autism.
- Kaslik, Ibi. *Skinny*. -- Eating disorders.
- Kehoe, Stasia Ward. *The Sound of Letting Go*. -- Autism.
- Khorrarn, Adib. *Darius the Great Is Not Okay*. -- Depression.
- King, A.S. *Reality Boy*. -- PTSD; abuse; anxiety. *Print & Ebook*.
- Kuehn, Stephanie. *Charm & Strange*. -- Abuse/assault; mental illness.
- LaCour, Nina. *Hold Still*. -- Suicide; bereavement. *Print & Ebook*.

LaZebnik, Claire Scovell. *Things I Should Have Known*. -- Autism.

Leavitt, Martine. *Calvin*. -- Schizophrenia.

Leno, Katrina. *The Half Life of Molly Pierce*. -- Dissociative disorder.

Lieberman, Leanne. *The Most Dangerous Thing*. -- Depression; social anxiety. Ebook only.

Lockhart, E. L. *Boyfriend List*. -- Anxiety disorder. *Print & Ebook*.

Lord, Emery. *When We Collided*. -- Depression; bipolar disorder. *Print & Ebook*.

Lucas, Rachael. *The State of Grace*. -- Autism, Asperger's Syndrome.

Ludwig, Ben. *Ginny Moon*. -- Autism.

Mac, Carrie. *Ten Things I Can See from Here*. -- Anxiety disorders.

MacCready, Robin Merrow. *Buried*. -- Mental illness.

McGinnis, Mindy. *Heroine*. -- Drug abuse.

McCormick, Patricia. *Cut*. -- Self-harm.

McGovern, Cammie. *Say What You Will*. -- OCD. *Print & Ebook*.

Miller, Ashley Edward. *Colin Fischer*. -- Asperger's syndrome.

Miller, Sam. *The Art of Starving*. -- Eating disorders.

Myers, Walter Dean. *Dope Sick*. -- Drug abuse

Nijkamp, Mariekd. *Before I Let Go*. -- Manic depression. *Print & Ebook*.

Niven, Jennifer. *All the Bright Places*. -- Bipolar disorder; suicide; depression; anxiety. *Print & Ebook*.

Penn, Farrah. *Twelve Steps to Normal*. -- Alcoholism.

Plath, Sylvia. *The Bell Jar*. -- Depression. *Print & Ebook*.

Quick, Matthew. *Forgive Me, Leonard Peacock*. -- PTSD; abuse; depression; suicide. *Print & Ebook*.

Rainfield, Cheryl. *Scars*. -- Self-harm; abuse. *Print & Ebook*.

Reed, Amy. *Clean*. -- Eating disorders.

Reichardt, Marisa. *Underwater*. -- Agoraphobia; panic disorders; panic attacks.

Reinhardt, Dana. *The Things a Brother Knows* -- PTSD. *Print & Ebook*.

Revis, Beth. *A World Without You*. -- Mental illness.

Rice, Luanne. *The Beautiful Lost*. -- Depression.

Rice, Luanne. *Pretend She's Here*. -- Mental illness; grief

Rivers, Karen. *Before We Go Extinct*. -- Suicide; grief.

Rodriguez, Cindy. *When Reason Breaks*. -- Emotional problems; suicide.

Roskos, Evan. *Dr. Bird's Advice for Sad Poets*. -- Anxiety disorder; depression. *Print & Ebook*.

Saenz, Benjamin Alire. *Last Night I Sang to the Monster*. -- Alcoholism.

Sales, Leila. *This Song Will Save Your Life*. -- Depression; suicide.

Santana, Patricia. *Motorcycle Ride on the Sea of Tranquility*. -- PTSD -- war.

Scelsa, Kate. *Fans of the Impossible Life*. -- Depression; mental health. *Print & Ebook*.

Sheinmel, Alyssa. *The Stone Girl*. -- Eating disorders.

Shelf, Nic. *Schizo*. -- Schizophrenia. *Print & Ebook*.

Shusterman, Neal. *Challenger Deep*. -- Schizophrenia. *Print & Ebook*.

Silvera, Adam. *History Is All You Left Me*. -- OCD; grief. *Print & Ebook*.

Sones, Sonya. *Stop Pretending: What Happened When My Big Sister Went Crazy*. -- Bipolar disorder.

Stork, Francisco X. *The Memory of Light*. -- Depression; suicide.

Stork, Francisco X. *Marcelo in the Real World*. -- Autism.

Vizzini, Ned. *It's Kind of a Funny Story*. -- Depression. *Print & Ebook*.

Warga, Jasmine. *My Heart and Other Black Holes*. -- Depression; suicide. *Print & Ebook*.

Warman, Jessica. *Breathless*. -- Schizophrenia.

Whaley, John Corey. *Highly Illogical Behavior*. -- Panic attacks; agoraphobia.

Wunder, Wendy. *Museum of Intangible Things*. -- Manic Depression.

Woodson, Jacqueline. *Beneath a Meth Moon*. -- Drug abuse; grief

BIBLIOTHERAPY

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**THE USE OF READING MATERIALS
FOR HELP IN SOLVING
PERSONAL PROBLEMS**



**KEEP
CALM
AND
READ A
BOOK**