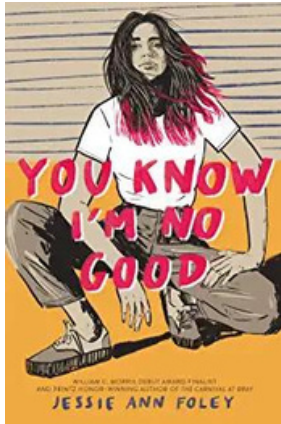
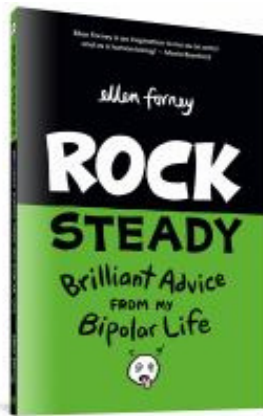




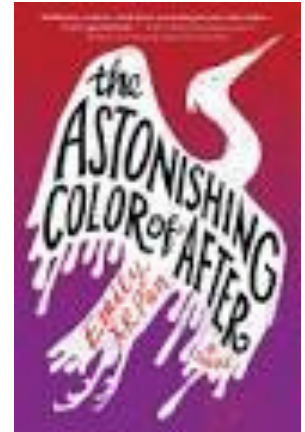
## Mental Health



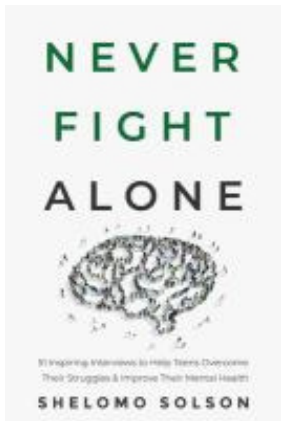
You Know I'm No Good  
Jessie Ann Foley  
(YA FOL)



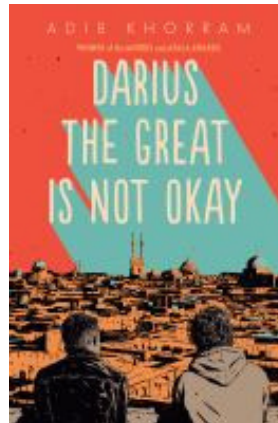
Rock Steady  
Ellen Forney  
(GN 616.895 F)



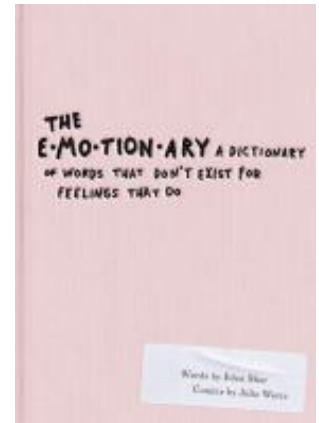
The Astonishing Color of After  
Emily X.R. Pan  
(YA PAN)



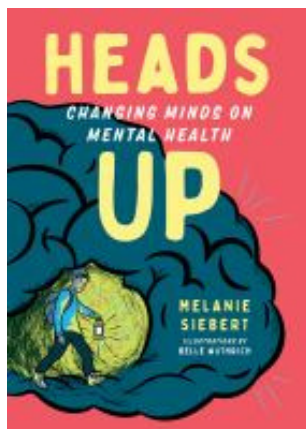
Never Fight Alone  
Shelomo Solson  
(YA 155.5 S)



Darius the Great is Not Okay  
Adib Khorram  
(YA KHO)



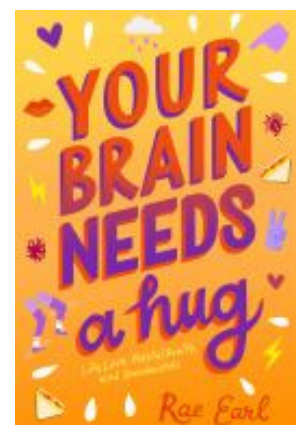
Emotionary  
Eden Sher  
(YA 302.2 S)



Heads Up  
Melanie Siebert  
(YA 616.89 S)



You Asked For Perfect  
Laura Silverman  
(YA SIL)



Your Brain Needs a Hug  
Rae Earl  
(YA 616.85 E)



# Mental Health

## **You Know I'm No Good by Jessie Ann Foley (YA FOL)**

Mia is officially a Troubled Teen -- she gets bad grades, drinks too much, and has probably gone too far with too many guys. But she doesn't realize how out of control she seems until she is taken from her home in the middle of the night and sent away to Red Oak Academy, a therapeutic girls' boarding school in the middle of nowhere. While there, Mia is forced to confront her painful past at the same time she questions why she's at Red Oak. If she were a boy, would her behavior be considered wild enough to get sent away? But what happens when circumstances outside of her control compel Mia to make herself vulnerable enough to be truly seen?

## **Rock Steady by Ellen Forney (GN 616.895 F)**

Rock Steady: Brilliant Advice From My Bipolar Life is the eagerly awaited sequel/ companion book to Forney's 2012 best-selling graphic memoir, Marbles: Mania, Depression, Michelangelo, and Me. Whereas Marbles was a memoir about her bipolar disorder, Rock Steady turns the focus outward, offering a self-help survival guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

## **The Astonishing Color of After by Emily X.R. Pan (YA PAN)**

Leigh Chen Sanders is absolutely certain about one thing: When her mother died by suicide, she turned into a bird. Leigh, who is half Asian and half white, travels to Taiwan to meet her maternal grandparents for the first time. There, she is determined to find her mother, the bird. In her search, she winds up chasing after ghosts, uncovering family secrets, and forging a new relationship with her grandparents. And as she grieves, she must try to reconcile the fact that on the same day she kissed her best friend and longtime secret crush, Axel, her mother was taking her own life. Alternating between real and magic, past and present, friendship and romance, hope and despair, The Astonishing Color of After is a stunning and heartbreaking novel about finding oneself through family history, art, grief, and love.

## **Never Fight Alone by Shelomo Solson (YA 155.5 S)**

Teenagers today are struggling like never before. They're facing a multitude of problems -- bullying, divorced or absentee parents, physical and sexual abuse, anxiety, depression, self-harm, and suicidal thoughts -- in the midst of one of the most uncertain eras in modern history. Worst of all, many teens stay silent about their struggles, fighting a lonely battle that is claiming far too many lives. Never Fight Alone is a book for teens that consists of 51 inspiring interviews with all sorts of people who have faced similar problems. From teen entrepreneurs to former professional athletes to inspirational authors and speakers, they describe the obstacles they faced, how they overcame them, and offer life-changing tips for how readers can do the same. In this book, you will learn: how other people overcame adversity, coping methods to deal with mental health issues, how to talk to others about your problems, actionable steps that you can take today to make your life worth living, ways to be happier and more positive, how to find supportive friends and mentors.

## **Darius the Great is Not Okay by Adib Khorram (YA KHO)**

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. Soon, they're spending their days together, playing soccer, eating faludeh, and talking for hours on a secret rooftop overlooking the city's skyline. Sohrab calls him Darioush-the original Persian version of his name-and Darius has never felt more like himself than he does now that he's Darioush to Sohrab. Adib Khorram's brilliant debut is for anyone who's ever felt not good enough-then met a friend who makes them feel so much better than okay.

## **Emotionary by Eden Sher (YA 302.2 S)**

All her life, Eden Sher has suffered from dyscommunicatia (n. the inability to articulate a feeling through words.). Then, one day, she decided that, whenever she had an emotion for which she had no word, she would make one up. The result of this is The Emotionary, which lives at the intersection of incredibly funny and very useful. Chock full of words you always wanted/never knew you needed, often accompanied by illustrations of hilarious and all-too-familiar situations, The Emotionary will be a cherished tool for you or the world-class feelings-haver in your life. At long last, all your complicated feelings can be put into words, so you can recognize them for what they are, speak their names aloud, and move on. Finally!

## **Heads Up by Melanie Siebert (YA 616.89 S)**

This book shines a light on the troubled history of thinking about and treating mental illness and tells the stories of courageous pioneers in the field of psychiatry who fought for more compassionate, respectful and effective treatments. It provides a helpful guide to the major mental health diagnoses along with ideas and resources to support those who are suffering. But it also moves beyond a biomedical focus and considers the latest science that shows how trauma and social inequality impact mental health. The book explores how mental health is more than just "in our heads" and includes the voices of Indigenous people who share a more holistic way of thinking about wellness, balancing mind, body, heart and spirit. Highlighting innovative approaches such as trauma-informed activities like yoga and hip-hop, police mental health teams, and peer support for youth, Heads Up shares the stories of people who are sparking change.

## **You Asked For Perfect by Laura Silverman (YA SIL)**

Senior Ariel Stone is the perfect college applicant: first chair violin, dedicated community volunteer, and expected valedictorian. A failed Calculus quiz is not part of his plan. As his grade slips further, he enlists a classmate, Amir, as a tutor. Amir and Ariel have never gotten along, but spending time with Amir makes the world seem fuller and brighter. Except adding a new relationship to his long list of commitments may just push Ariel past his limit.

## **Your Brain Needs a Hug by Rae Earl (YA 616.85 E)**

Imbued with a sense of humor, understanding, and hope, Your Brain Needs a Hug is a judgment-free guide for living well with your mind. My Mad Fat Diary author Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship. When she was a teenager, Rae dealt with OCD, anxiety, and an eating disorder, but she survived, and she thrived. Your Brain Needs a Hug is filled with her friendly advice, coping strategies and laugh-out-loud moments to get you through the difficult days. Witty, honest, and enlightening, this is the perfect read for feeling happier and healthier and learning to navigate life without feeling overwhelmed or isolated.