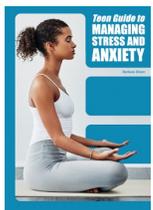
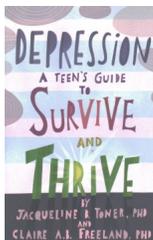


Non-fiction



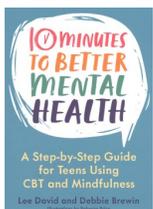
Teen guide to managing stress and anxiety

by Barbara Sheen (she/her) - Y 155.5124 SHEEN
 Being a teenager is not easy. Even in the best of times, the teen years are filled with all sorts of changes and uncertainties, making you and other teens feel irritated, fearful, sad, and overwhelmed - sometimes, all at the same time.



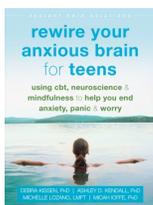
Depression : a teen's guide to survive and thrive

by Jacqueline B Toner (she/her) - Y 616.8527 TONER
 A guide to using cognitive-behavioral principles to manage and overcome depression for teenagers includes information, self-reflection quizzes, and exercises



10 minutes to better mental health : a step-by-step guide for teens using CBT and mindfulness

by Lee David (she/her) - Y 616.89 DAVID
 Covering everything from dealing with worry and anxiety and building your confidence, to fostering positive relationships, the must-have resource for improving mental health uses evidence-based approaches to become the person you want to be.



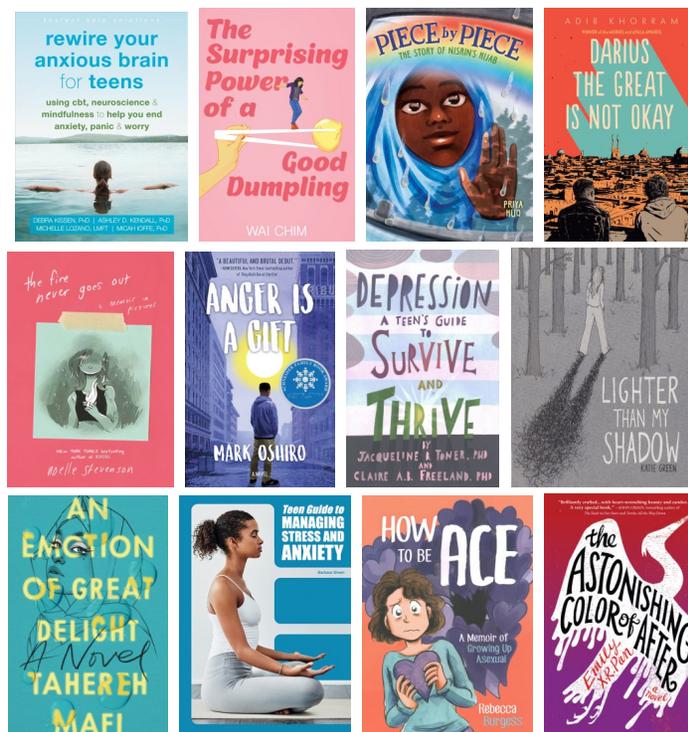
Rewire your anxious brain for teens : using CBT, neuroscience, & mindfulness to help you end anxiety, panic & worry

by Debra Kissen (she/her) - Y 618.92 KISSEN
 Four anxiety specialists outline practical and essential skills based in cognitive behavioral therapy, neuroscience and mindfulness to help teens manage anxiety-related stress, discussing such topics as how

to calmly evaluate symptoms and how to address ambivalence, perfectionism and procrastination.



MENTAL HEALTH BOOKS FOR TEENS



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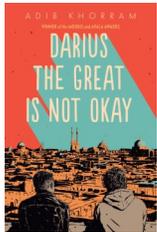
Fiction



The surprising power of a good dumpling

by Wai Chim (she/her) - Y CHIM

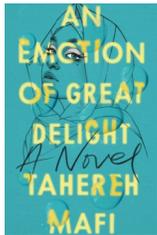
Working almost constantly to help out at her father's restaurant and care for her siblings, a teen from a migrant Asian family starts dating a delivery boy before her mother's progressing mental illness upends everything she understood about her family.



Darius the Great is not okay

by Adib Khorram (he/him) - Y KHORRAM

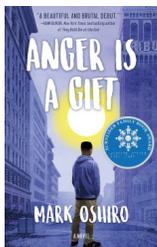
Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life



An emotion of great delight

by Tahereh Mafi (she/her) - Y MAFI

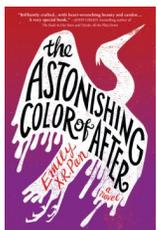
In the wake of 9/11, Shadi, a child of Muslim immigrants, tries to navigate her crumbling world of death, heartbreak and bigotry in silence, until finally everything changes.



Anger is a gift

by Mark Oshiro (they/them) - Y OSHIRO

A young adult debut by the popular social media personality and critic reflects the racial and economic struggles of today's teens in the story of high school junior Moss, who in the face of a racist school administration decides to organize a protest that escalates into violence.



The astonishing color of after

by Emily X. R. Pan (they/them) - Y PAN

A teen grieving the loss of her mother travels to Taiwan to meet her maternal grandparents for the first time and search for her mother's spirit while uncovering tragic family secrets and struggling to reconcile the truth about how her mother's life really ended.

Graphic Novels



Piece by piece : the story of Nisrin's hijab

by Priya Huq (she/they) - YG HUQ

Nisrin is a 13-year-old Bangladeshi-American girl living in Milwaukie, Oregon, in 2002. On her way home, she is the victim of a hate crime when a man violently attacks her for wearing a headscarf. Deeply traumatized by the experience, Nisrin spends the summer depressed and isolated.



Heartstopper. Volume 4

by Alice Oseman (she/they) - YG OSEMAN

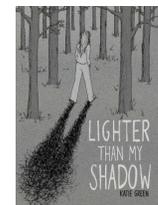
Charlie and Nick's relationship has been going really well, and Charlie thinks he's ready to say those three little words: I love you—but Nick's got a lot on his mind, especially the thought of coming out to his dad and the fact that Charlie might have an eating disorder.



How to Be Ace : A Memoir of Growing Up Asexual

by Rebecca Burgess (they/them) - YG 306.762 BURGESS

Follow Rebecca as they navigates their asexual identity and mental health in a world obsessed with sex. From school to work to relationships, this book offers an unparalleled insight to asexuality.



Lighter than my shadow

by Katie Green (she/her) - YG 616.85 GREEN

A graphic memoir in tribute to the challenges of eating disorders, abuse and recovery follows the experiences of a picky eater whose silent starvation-protests ultimately put her life at risk.



The fire never goes out : a memoir in pictures

by ND Stevenson (he/him) - YG 741.5092 STEVENSON

The National Book Award finalist and creator of Nimona presents a collection of personal essays and mini-comics spanning eight years of the author's young-adult life to reveal the experiences and embarrassments that shaped their career.