

These books bring mental health issues to light by diminishing the stigma and reminding readers that they are not alone.

ADDICTION & RECOVERY

FICTION

Reed, Amy Lynn

Clean

NON-FICTION

YA 616.86 SHE

High: Everything You Want to Know about drugs, alcohol, and addiction

YA 362.29 SHE

We All Fall Down

ADHD

FICTION

Roe, Robin

A List of Cages

ANXIETY

FICTION

Green, John

Turtles All the Way Down

Kinsella, Sophie

Finding Audrey

Pollock, Tom

This Story is a Lie

Whaley, John Corey

Highly Illogical Behavior

Zappia, Francesca

Eliza and Her Monsters

NON-FICTION

YA 616.8522 RIE

Don't Tell Me to Relax!: One Teen's Journey to Survive Anxiety (and how you can too)

BIPOLAR

FICTION

Colbert, Brandy

Little & Lion

DEPRESSION

FICTION

Chbosky, Stephen

The Perks of Being a Wallflower

McCormick, Patricia

Cut

Scott, Ceylan

On a Scale of 1 to 10

Shusterman, Neal

Challenger Deep

Silvera, Adam

More Happy than Not

Stork, Francisco X.

The Memory of Light

Vizzini, Ned

It's Kind of a Funny Story

NON-FICTION

YA 362.28 TEE

At Issue: Teen Suicide

YA 616.852 EAR

Your Brain Needs a Hug

YA 616.852 HUG

Beneath the Surface: A Teen's guide to Reaching Out when You or Your Friend is in Crisis

YA 616.8527 TON

Depression: A Teen's Guide to Survive and Thrive

EATING DISORDERS

FICTION

Anderson, Laurie Halse

Wintergirls

Hopkins, Ellen

Perfect

Griffin, N.

Just Wreck It All

EATING DISORDERS (cont.)

Pollen, Samuel

The Year I Didn't Eat

NON-FICTION

YA 616.8526 PET

You Are Enough

GRIEF

FICTION

Forman, Gayle

If I Stay

Hopkins, Ellen

Rumble

LaCour, Nina

Hold Still

We Are Okay

Woodson, Jacqueline

Beneath a Meth Moon

Zentner, Jeff

Goodbye Days

OCD

FICTION

Silvera, Adam

History is all You Left Me

Toten, Teresa

The Unlikely Hero of Room 13-B

SCHIZOPHRENIA / PSYCHOSIS

FICTION

An, Na

The Place Between Breaths

Revis, Beth

A World Without You

Walton, Julia

Words on Bathroom Walls

Zappia, Francesca

Made You Up

Updated 04/02/20



Helplines and Additional Resources:

Al-Anon Family Groups 479-441-9705
Alcoholics Anonymous (AA) 479-783-0123
Arkansas Legal Services 800-950-5817
Child Abuse Hotline (Arkansas) 1-844-728-3224
Child Abuse Hotline (Oklahoma) 800-522-3511
Community Rescue Mission 479-782-1443
Crisis Text Line text HOME to 741741
Fort Smith Crisis Intervention Center 479-782-4956, 800-359-0056
Good Samaritan Clinic 479-783-0233
Hope Campus 479-668-4764
LGBT National Hotline 888-843-4564
LGBT National Senior Hotline 888-243-7243
LGBT National Youth Hotline 800-243-7743
Loveisrespect (National Dating Abuse Hotline) 866-331-9474 or text LOVEIS to 22522
National Alliance on Mental Health HelpLine 800-950-6264 or text NAMI to 741741
Narcotics Anonymous (NA) 800-338-8750
National Domestic Violence Hotline 800-799-7233
National Drug Helpline 888-633-3239
National Human Trafficking Hotline 888-373-7888
National Runaway Safeline 800-786-2929
National Suicide Prevention Lifeline 800-273-8255
National Suicide Prevention Lifeline (Spanish) 888-628-9454
RAINN Sexual Assault Hotline 800-656-4673
River Valley Pregnancy Medical Center 479-484-5244
River Valley Regional Food Bank 479-785-0582
Safe School Helpline 800-418-6423 ext 359
Trans Lifeline 877-565-8860
The Trevor Project 866-488-7386 or text START to 678678

For more resources, please visit our website www.fortsmithlibrary.org.

Additional mental health literature and resources are available in the Adult Section of the library.