

Mental Health Fiction

The Grandview Library has a wealth of resources to support mental and emotional wellness. The below list is mainly YA Literature- fiction from the perspective of teens coping with their own mental health or that of family and friends. To find self-help advice in our nonfiction collection, search the [Online Catalog](#) for one of the **bolded** subjects below.

Remember our school counselors and psychologists are here to help you!

Care Line: 720-554-2273 or email careline@cherrycreekschools.org

Colorado Crisis Services: 844-493-TALK (8255) or text TALK to 38255

Anxiety Disorders, OCD

Ayarbe, Heidi. Compulsion. Poised to lead his high school soccer team to its third straight state championship, seventeen-year-old star player Jake Martin struggles to keep hidden his nearly debilitating obsessive-compulsive disorder.

Blackstone, Matt. A Scary Scene in a Scary Movie. Rene, a high school freshman with obsessive-compulsive disorder, finds life to be like a scary movie, and even after he makes friends with the ultra-cool Giovanni he still feels responsible for saving his favorite teacher, dealing with his missing father, courting the beautiful Ariel, and trying to pretend to be normal for the school psychologist.

Caletti, Deb. The Nature of Jade. Seattle high school senior Jade's life is defined by her anxiety disorder and dysfunctional family, until she spies a mysterious boy with a baby who seems to share her fascination with the elephants at a nearby zoo.

Halpern, Julie. Get Well Soon. Anna's depression has gotten to the point where her parents check her into a hospital. There she meets other teens who are suffering with mental illness (some are even cute.) Can she get better and fall in love at the same time?

Haydu, Corey Ann. OCD Love Story. In an instant, Bea felt almost normal with Beck, and as if she could fall in love again, but things change when the psychotherapist who has been helping her deal with past romantic relationships puts her in a group with Beck--a group for teens with obsessive-compulsive disorder.

Herbach, Geoff. Stupid Fast. Fifteen-year-old Felton has always been on the smallish side, but in his sophomore year he starts growing...and growing. During gym one day he smokes the football jocks in a 600-yard race. Felton has never been interested in sports, but there's no doubt-he is stupid fast. As he juggles his newfound athletic prowess, his mom's sudden depression, an annoying little brother, and his first love, he discovers a shocking secret about his past which explains why he's turning out the way he is.

Hopkins, Ellen. Fallout. Written in free verse, this book explores how three teenagers try to cope with the consequences of their mother's addiction to crystal meth and its effects on their lives.

Martinez, Jessica. Virtuosity. Just before the most important violin competition of her career, seventeen-year-old prodigy Carmen faces critical decisions about her anti-anxiety drug addiction, her controlling mother, and a potential romance with her most talented rival.

McGovern, Cammi. Say What You Will. Born with cerebral palsy, Amy can't walk without a walker, talk without a voice box, or even fully control her facial expressions. Plagued by obsessive-compulsive disorder, Matthew is consumed with repeated thoughts, neurotic rituals, and crippling fear. Both in

desperate need of someone to help them reach out to the world, Amy and Matthew are more alike than either ever realized.

Roskos, Evan. Dr. Bird's Advice for Sad Poets. A sixteen-year-old boy wrestling with depression and anxiety tries to cope by writing poems, reciting Walt Whitman, hugging trees, and figuring out why his sister has been kicked out of the house.

Rowell, Rainbow. Fangirl. Feeling cast off when her twin sister outgrows their shared love for a favorite fictional character, Cath, a dedicated fan-fiction writer, struggles to survive on her own in her first year of college while avoiding a surly roommate, bonding with a handsome classmate who only wants to talk about words, and worrying about her fragile father struggling with mental illness.

Schumacher, Jill. Black Box. When her sixteen-year-old sister is hospitalized for depression and her parents want to keep it a secret, fourteen-year-old Elena tries to cope with her own anxiety and feelings of guilt that she is determined to conceal from outsiders.

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.

Wilson, Rachel. Don't Touch. 16-year-old Caddie struggles with OCD, anxiety, and a powerful fear of touching another person's skin, which threatens her dreams of being an actress--until the boy playing Hamlet opposite her Ophelia gives her a reason to overcome her fears.

Young, Janet Ruth. Things I Shouldn't Think. Imaginative Massachusetts seventeen-year-old Dani Solomon confesses she has been troubled by thoughts of harming Alex, the little boy she loves to babysit, triggering gossip and a media frenzy that makes "Dani Death" the target of an extremist vigilante group.

Vizzini, Ned. It's Kind of a Funny Story. When he enrolls at Manhattan's Executive Pre-Professional High School, he quickly finds himself in over his head. When the anxiety gets to be too much, he tries to kill himself. When he's in the mental hospital, he finds the space and time to figure out where his depression and anxiety come from.

Depression

Borris, Albert. Crash into Me. Four suicidal teenagers go on a "celebrity suicide road trip," visiting the graves of famous people who have killed themselves, with the intention of ending their lives in Death Valley, California.

Cook, Trish and Halpin, Brendan. A Really Awesome Mess. An angry girl and a depressed boy, both sixteen, are sent to a therapeutic boarding school.

Crane, Rebekah. Aspen. A teenage girl's mistake on a Boulder, Colorado road left a popular teen soccer player dead. Now the deceased is following the driver around and only her boyfriend and her therapist understand her and can keep her from heading further into a deep depression.

Frank, E.R. America. Born to a drug-addicted mother, 15-year-old America had been lost in the child-welfare system for years before he finally wound up in a residential treatment center. There, over a period of several more years, a capable therapist coaxes him out of his anger and suicidal depression.

Going, K.L. Fat Kid Rules the World. Seventeen-year-old Troy, depressed, suicidal, and weighing nearly 300 pounds, gets a new perspective on life when a homeless teenager who is a genius on guitar wants Troy to be the drummer in his rock band.

Green, John. Will Grayson, Will Grayson. Will Grayson and will grayson are both having a horrible night when they meet each other. will grayson suffers severe depression, something that complicates his relationship with Tiny Cooper, Will Grayson's best friend.

Holeman, Linda. Mercy's Birds. As her mother sinks into depression and her aunt turns to alcohol, fifteen-year-old Mercy tries to keep up with school and her job, until help comes for them from an unexpected source.

Hopkins, Ellen. Impulse. Three teens who meet at a 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.

LaCour, Nina. Hold Still. Ingrid didn't leave a note. Three months after her best friend's suicide, Caitlin finds what she left instead: a journal, hidden under Caitlin's bed.

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.

Roskos, Evan. Dr. Bird's Advice for Sad Poets. A sixteen-year-old boy wrestling with depression and anxiety tries to cope by writing poems, reciting Walt Whitman, hugging trees, and figuring out why his sister has been kicked out of the house.

Stork, Francisco X. The Memory of Light. Waking up in the mental disorders ward after a suicide attempt, Vicky makes friends with other at-risk kids, who under the guidance of a compassionate doctor help her through the first steps towards self-acceptance and confronting the challenges that prompted her depression.

Vizzini, Ned. It's Kind of a Funny Story. A humorous account of a New York City teenager's battle with depression and his time spent in a psychiatric hospital.

Walton, K.M. Empty. Deeply depressed after her father cheated on and divorced her mother, seventeen-year-old Adele has gained over seventy pounds and is being bullied and abused at school—to the point of being raped and accused of being the aggressor.

Warga, Jasmine. My Heart and Other Black Holes. Seventeen-year-old Aysel's hobby—planning her own death—take a new path when she meets a boy who has similar plan of his own.

Wittlinger, Ellen. Blind Faith. While coping with her grandmother's sudden death and her mother's resulting depression and fascination with a spiritualist church, whose ministers claim to communicate with the dead, fifteen-year-old Liz finds herself falling for a new neighbor whose mother is dying of cancer.

Young, Suzanne. The Program. When suicide becomes a worldwide epidemic, the only known cure is The Program, a treatment in which painful memories are erased, a fate worse than death to seventeen-year-old Sloane who knows that The Program will steal memories of her dead brother and boyfriend.

Eating Disorders

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.

Friedman, Robin. Nothing. Parker Rabinowitz, 17, is good-looking, smart, and rich; he's bound to get into Princeton. He is expected to maintain perfect grades, participate in multiple extracurricular activities and service projects, and, in other words, be the perfect son. His sister, Danielle, is jealous of the attention he gets, but she is the first to notice that something is terribly wrong. Parker is bingeing uncontrollably, and then forcing himself to vomit. What starts out as an occasional stress release becomes an obsession controlling his life.

Hopkins, Ellen. Perfect Everyone has something, someone, somewhere else that they'd rather be. For four high school seniors, their goals of perfection are just as different as the paths they take to get there.

Kaslik, Ibi. Skinny. After the death of their father, two sisters struggle with various issues, including their family history, personal relationships, and an extreme eating disorder.

Kessler, Jackie Morse. Hunger. Seventeen-year-old Lisabeth has anorexia, and even turning into Famine--one of the Four Horsemen of the Apocalypse--cannot keep her from feeling fat and worthless.

Lytton, Deborah. Jane in Bloom. Devastated when her beautiful, older sister dies from anorexia, Jane recovers slowly from the tragedy, with help from unexpected sources.

Metzger, Lois. A Trick of the Light. Mike Welles had everything under control. But that was before. Now things are rough at home, and they're getting confusing at school. He's losing his sense of direction, and he feels like he's a mess. Then there's a voice in his head. A friend, who's trying to help him get control again. More than that—the voice can guide him to become faster and stronger than he was before, to rid his life of everything that's holding him back. To figure out who he is again. If only Mike will listen.

Porter, Tracy. A Dance of Sisters. Although almost totally consumed by her ballet training and her obsession with controlling her weight, thirteen-year-old Delia finds time to worry about her strange and rebellious older sister Pearl, who has been sent away to a private school.

Vrettos, Adrienne Maria. Skin. When his parents decide to separate, Donnie watches with horror as the physical condition of his sister, Karen, deteriorates due to an eating disorder.

Schizophrenia

Averett, Edward. Cameron and the Girls. A boy suffering from Schizophrenia falls into a love triangle with a girl in his junior high class—and a girl in his head.

De la Peña, Matt. I Will Save You. Kidd, unhappy with his life in a group home and job at the beach, learns lessons about identity, love, and friendship through his relationships with Olivia, a rich girl from Cardiff, and Devon, a mysterious teen driven by a death wish.

Greenberg, Joanne. I Never Promised You a Rose Garden. Enveloped in the dark inner kingdom of her schizophrenia, sixteen-year-old Deborah is haunted by private tormentors that isolate her from the outside world. With the reluctant and fearful consent of her parents, she enters a mental hospital where she will spend the next three years battling to regain her sanity with the help of a gifted psychiatrist.

Leavitt, Martine. Calvin. Born on the day the last Calvin and Hobbes comic strip was published, seventeen-year-old Calvin, a schizophrenic, sees and has conversations with the tiger, Hobbes, and believes that if he can persuade the strip's creator, Bill Watterson, to do one more strip, he will make Calvin well.

Schantz, Sarah Elizabeth. Fig. In 1994, Fig looks back on her life and relates her experiences, from age six to nineteen, as she desperately tries to save her mother from schizophrenia while her own mental health and relationships deteriorate.

Schindler, Holly. [A Blue So Dark](#). As Missouri fifteen-year-old Aura struggles alone to cope with the increasingly severe symptoms of her mother's schizophrenia, she wishes only for a normal life, but fears that her artistic ability and genes will one day result in her own insanity.

Sheff, Nic. [Schizo](#). A teenager recovering from a schizophrenic breakdown is driven to the point of obsession to find his missing younger brother and becomes wrapped up in a romance that may or may not be the real thing.

Shusterman, Neal. [Challenger Deep](#). Suffering from schizophrenia, Caden's internal narratives are sometimes dreams, sometimes hallucinations, and sometimes undefinable, dominated by a galleon and its captain, sailing with an enormous, sullen crew to the deepest point of the Marianas Trench, Challenger Deep.

Suma, Nova Ren. [17 & Gone](#). Seventeen-year-old Lauren has visions of girls her own age who are gone without a trace, but while she tries to understand why they are speaking to her and whether she is next, Lauren has a brush with death and a shocking truth emerges, changing everything.

Trueman, Terry. [Inside Out](#). A sixteen-year-old with schizophrenia is caught up in the events surrounding an attempted robbery by two other teens who eventually hold him hostage.

Wray, John. [Lowboy](#). Possessing paranoid schizophrenic beliefs that he can save the planet from climate change by cooling down his own overheated body, sixteen-year-old New York youth Will Heller pursues a terrifying and delusional odyssey through the city's tunnels and backalleys.

Suicide

Asher, Jay. [Thirteen Reasons Why](#). When high school student Clay Jenkins receives a box in the mail containing thirteen cassette tapes recorded by his classmate Hannah, who committed suicide, he spends a bewildering and heartbreaking night crisscrossing their town, listening to Hannah's voice recounting the events leading up to her death.

Forman, Gayle. [I Was Here](#). When her best friend Meg drinks a bottle of industrial-strength cleaner alone in a motel room, Cody is understandably shocked and devastated. She and Meg shared everything—so how was there no warning? But when Cody travels to Meg's college town to pack up the belongings left behind, she discovers that there's a lot that Meg never told her.

Going, Kelly. [Fat Kid Rules the World](#). Seventeen-year-old Troy, depressed, suicidal, and weighing nearly 300 pounds, gets a new perspective on life when a homeless teenager who is a genius on guitar wants Troy to be the drummer in his rock band.

Halpern, Julie. [Get Well Soon](#). Anna's depression has gotten to the point where her parents check her into a hospital. There she meets other teens who are suffering with mental illness (some are even cute.) Can she get better and fall in love at the same time?

Hand, Cynthia. [The Last Time We Say Goodbye](#). Since her brother, Tyler, committed suicide, Lex has been trying to keep her grief locked away, and to forget about what happened that night. But as she starts putting her life, her family, and her friendships back together, Lex is haunted by a secret she hasn't told anyone -- a text Tyler sent, that could have changed everything.

Hopkins, Ellen. [Impulse](#). Three teens who meet at a 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.

Hubbard, Jenny. [And We Stay](#). Sent to an Amherst, Massachusetts, boarding school after her ex-boyfriend shoots himself, seventeen-year-old Emily expresses herself through poetry as she relives their relationship, copes with her guilt, and begins to heal.

LaCour, Nina. Hold Still. Ingrid didn't leave a note. Three months after her best friend's suicide, Caitlin finds what she left instead: a journal, hidden under Caitlin's bed.

Niven, Jennifer. All the Bright Places. When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom. And when they pair up on a project to discover the "natural wonders" of their state, both Finch and Violet make more important discoveries: It's only with Violet that Finch can be himself—a weird, funny, live-out-loud guy who's not such a freak after all. And it's only with Finch that Violet can forget to count away the days and start living them.

Sales, Leila. This Song Will Save Your Life. Nearly a year after a failed suicide attempt, sixteen-year-old Elise discovers that she has the passion, and the talent, to be a disc jockey.

Warga, Jasmine. My Heart and Other Black Holes. Seventeen-year-old Aysel's hobby--planning her own death--takes a new path when she meets a boy who has a similar plan of his own.