

Bibliotherapy for Teens: Mental Health Booklist

Anxiety Disorder

Anything but Typical by Nora Raleigh Baskin

Stupid Fast by Geoff Herbach

Dr. Bird's Advice for Sad Poets by Evan Roskos

I Don't Want to Be Crazy by Samantha Schutz

Autism Spectrum Disorders

Al Capone Does My Shirts by Gennifer Choldenko

Mockingbird by Kathryn Erskine

The Curious Incident of the Dog in the Night-time by Mark Haddon

The Reason I Jump by Naoki Higashida

Rogue by Lyn Miller-Lachmann

Counting by 7s by Holly Goldberg Sloan

Attention Deficit/Hyperactivity Disorder

Impulse by Ellen Hopkins

Depression

Thirteen Reasons Why by Jay Asher

Suicide Notes by Michael Thomas Ford

Will Grayson, Will Grayson by David Levithan & John Green

Hold Still by Nina Lacour

By The Time You Read This, I'll Be Dead by Julie Ann Peters

This Song Will Save Your Life by Leila Sales

Bluefish by Pat Schmatz

It's Kinds of a Funny Story by Ned Vizzini

Belzhar by Meg Wolitzer

Falling Into Place by Amy Zhang

Dissociative Disorder

Girl Parts by John M. Cusick

Identical by Ellen Hopkins

The Half Life of Molly Pierce by Katrina Leno

Eating Disorders

Wintergirls by Laurie Halse Anderson

Letting Ana Go by Anonymous

Pointe by Brandy Colbert

Skinny by Dora Cooner

Perfect by Natasha Friend

Perfect by Ellen Hopkins

Skinny by Ibi Kaslik

A Trick of the Light by Lois Metzger

Clean by Amy Reed

Obsessive Compulsive Disorder

The Butterfly Clues by Kate Ellison

Not as Crazy as I Seem by George Harrar

OCD Love Story by Corey Ann Haydu

Fallout by Ellen Hopkins

Perfect by Rachel Joyce

OCD, the Dude, and Me by Roedy Lauren Vaughn

Challenger Deep by Neal Shusterman

Posttraumatic Stress Disorder

The Impossible Knife of Memory by Laurie Halse Anderson

The Things a Brother Knows by Dana Reinhardt

Reality Boy by A.S. King

Charm & Strange by Stephanie Kuehn

Sex and Violence by Carrie Mesrobian

Forgive Me, Leonard Peacock by Matthew Quick

Schizophrenia

Cameron and the Girls by Edward Averett

Schizo by Nic Sheff

Tourette Syndrome

When I Was the Greatest by Jason Reynolds

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