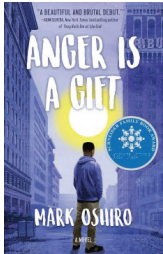


YA Anxiety and Mental Health



When feelings of intense fear and distress are overwhelming and prevent us from doing everyday things, an anxiety disorder may be the cause.



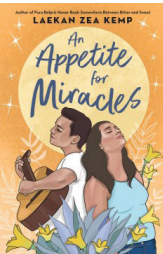
Anger Is a Gift by Mark Oshiro (Y Oshiro)

Six years ago, Moss Jefferies' father was murdered by an Oakland police officer. When tensions hit a fever pitch and tragedy strikes, Moss must face a difficult choice: give in to fear and hate or realize that anger can actually be a gift.



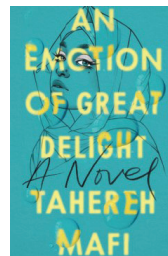
Chaos Theory by Nic Stone (Y Stone)

Since Shelbi enrolled at Windward Academy as a senior and won't be there very long, she hasn't bothered making friends. Andy is not okay. He's had far too much to drink. When Shelbi sees Andy at his lowest, she can relate. So she doesn't resist reaching out.



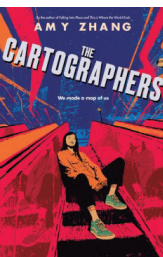
An Appetite for Miracles by Laekan Zea Kemp (Y Kemp)

Danna's grandfather is slowly losing himself as his memories fade, and she's not sure her plan to help him remember will be enough to bring him back. Raúl has been lost ever since his mother was wrongly incarcerated, playing guitar for the elderly has been his only escape. When Danna and Raúl meet, they embark on a mission to heal her grandfather and themselves.



An Emotion of Great Delight by Tahereh Mafi (Y Mafi)

In the wake of 9/11, Shadi, a child of Muslim immigrants, tries to navigate her crumbling world in silence, until finally, everything changes. Her brother is dead, her father is dying, her mother is falling apart, and her best friend has dropped out of her life. Shadi devours her own pain—retreating farther inside herself—until finally, one day, she explodes.



The Cartographers by Amy Zhang (Y Zhang)

Ocean defers her acceptance to the university of her immigrant mother's dreams and moves from the Midwest to New York City. There, she meets Constantine, and finds herself in entirely new territory without a map.



Felix Ever After by Kacen Callender (Y Callender)

Felix Love has never been in love, painful irony that it is. He is proud of his identity, but fears that he's one marginalization too many—Black, queer, and transgender. When an anonymous student begins sending him transphobic messages, Felix comes up with a plan for revenge.



The Chandler Legacies by Abdi Nazemian (Y Nazemian)

At Chandler, the elite boarding school, five teens are brought together in the Circle, a coveted writing group where life-changing friendships are born—and secrets are revealed.



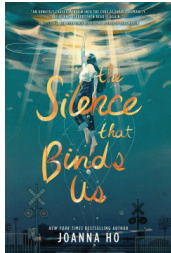
If I Can Give You That by Michael Gray Bulla (Y Bulla)

Gael, a trans boy, learns to let his walls down while finding community, discovering his sexuality, falling in love, and navigating difficult family situations.



A Quiet Kind of Thunder
by Sara Barnard (Y Barnard)

Steffi has been a selective mute for most of her life. But Rhys, the new boy at school, sees her. He's deaf, and her knowledge of basic sign language means that she's assigned to look after him. As they find ways to communicate, Steffi finds that she does have a voice, and that she's falling in love with the one person who makes her feel brave enough to use it.



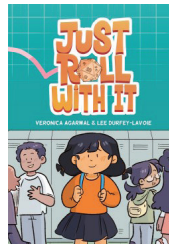
The Silence That Binds Us
by Joanna Ho (Y Ho)

In the year following their son's death, May Chen's parents face racist accusations of putting too much pressure on their son and causing his death by suicide. May attempts to challenge the racism and ugly stereotypes through her writing, only to realize that she still has a lot to learn.



We Are All So Good at Smiling
by Amber McBride (Y McBride)

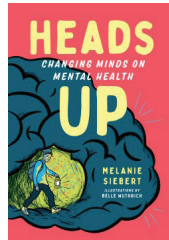
When hospitalized for her clinical depression, Whimsy connects with a boy named Faerry, who also suffers from the traumatic loss of a sibling. Together, they work to unearth buried memories and battle the fantastical physical embodiment of their depression.



Just Roll with It
by Lee Durfey-Lavoie
(J GN Durfey-Lavoie Just Roll With It)

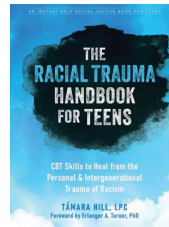
As long as Maggie rolls the right number, nothing can go wrong. Maggie just wants to get through her first year of middle school. But she's having a tough time, so she might need a little help from her 20-sided dice.

NONFICTION



Heads Up: Changing Minds on Mental Health
by Melanie Siebert
(Teen Nonfiction - 616.89 Sie)

This nonfiction book for teen readers is a guide to understanding mental health and coping with mental illness, trauma, and recovery.



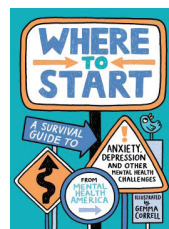
The Racial Trauma Handbook for Teens
by Támara Hill
(Teen Nonfiction - 305.8009 Hil)

This book provides readers with evidence-based cognitive behavioral therapy (CBT) skills to heal the wounds of personal and intergenerational trauma, increase self-awareness, and build confidence.



Reach Out:
Tips for Helping Someone in Crisis
by Jill C. Wheeler
(Teen Nonfiction - 362.22 Whe)

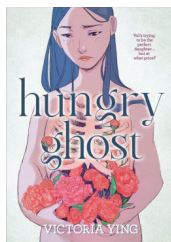
Discusses expert advice for helping people who are experiencing a mental health crisis. It explores the kinds of crisis that might prompt this along with the smartest and safest ways to help those in need.



Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges
by Mental Health America
(Teen Nonfiction - 362.2083 Whe)

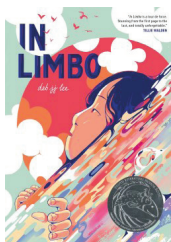
A resource for anyone who's struggling emotionally and looking for help, from the nation's leading community-based nonprofit that addresses the needs of those living with mental illness.

GRAPHIC NOVELS



Hungry Ghost by Victoria Ying
(GN Ying Hungry Ghost)

Valerie Chu is quiet, studious, and above all, thin. No one, not even her best friend, Jordan, knows that she has been bingeing and purging for years. But when tragedy strikes, Val finds herself taking a good, hard look at her priorities, her choices, and her own body.



In Limbo by Deb Jj Lee
(GN Lee In Limbo)

Ever since Deborah (Jung-Jin) Lee emigrated from South Korea to the United States, she's felt her "otherness." Caught in limbo with nowhere safe to go, Deb finds her mental health plummeting, resulting in a suicide attempt.

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