

Content Warning: These titles explore mental health issues ranging from anxiety to eating disorders to suicide. If you have any concerns about potential triggers, please skip this list and check out some of the other book lists we have put together for you. Put your brain first!



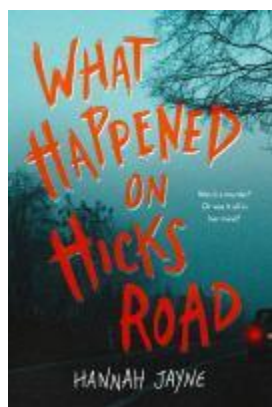
Ab(solutely) Normal (2023)

Through powerful prose, verse, and graphics, the characters in this anthology defy stereotypes as they remind readers that living with a mental health condition doesn't mean that you're defined by it. Each story is followed by a note from its author to the reader, and comprehensive back matter includes bios for the contributors as well as a collection of relevant resources.



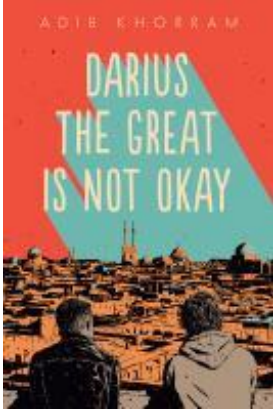
All Alone With You by Amelia Diane Coombs (2023)

Eloise Deane is grumpy, prefers to be alone, and is just slogging through senior year with one goal: get accepted to USC and move to California. When she learns she needs volunteer hours for her scholarship application, Eloise is up for the challenge. Until she's paired with LifeCare, a volunteer agency that offers social support to lonely seniors through phone calls and visits. Basically, it's a total nightmare for Eloise's anxiety--especially when she's paired with sunshiny Austin. But as Eloise and Austin work together to keep Marianne Landis company, something strange happens. Eloise actually...likes Marianne and Austin? She isn't sure what to do with that, especially when her feelings toward Austin begin to blur into more-than-friends territory.



What Happened on Hicks Road by Hannah Jayne (2023)

Lennox Oliver is loving her new life in California. For the first time, she feels normal. She has friends, and a maybe boyfriend and best of all no one knows the truth about her past and what happened to her mom. But everything changes the night after a party when a drive on the supposedly haunted Hicks Road turns deadly and Lennox hits something...or someone. All Lennox wants to do is go back to her boring, normal life. But when a note saying FIND ME is slipped through her window, she fears that there was a girl she hit on Hicks Road that night ...or she's slipping deeper into the illness that took her mother.



Darius the Great Is Not Okay by Adib Khorram (2018)

Darius has never really fit in at home, and he's sure things are going to be the same in Iran. His clinical depression doesn't exactly help matters, and trying to explain his medication to his grandparents only makes things harder.

Then Darius meets Sohrab, the boy next door, and everything changes. Soon, they're spending their days together, playing soccer, eating faludeh, and talking for hours on a secret rooftop overlooking the city's skyline. Sohrab calls him Darioush--the original Persian version of his name--and Darius has never felt more like himself than he does now that he's Darioush to Sohrab.



The Words We Keep by Erin Stewart (2022)

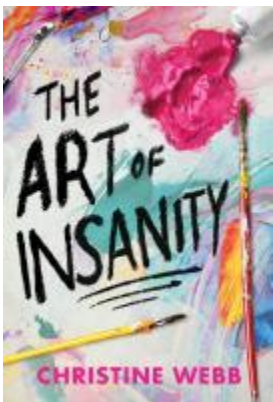
A beautifully realistic, relatable story about mental health and the healing powers of art.

It's been three months since The Night on the Bathroom Floor--when Lily found her older sister Alice hurting herself. Ever since then, Lily has been desperately trying to keep things together, for herself and for her family. But now Alice is coming home from her treatment program and it is becoming harder for Lily to ignore all of the feelings she's been trying to outrun.



When Haru Was Here by Dustin Thao (2024)

After the death of his best friend, Eric Ly creates imaginary scenarios in his head to deal with his grief. Until one of them becomes real when a boy he met last summer in Japan finds his way back into his life. When he least expects it, Haru Tanaka walks into the coffee shop and sits down next to him. The only thing is, nobody else can see him. In a magical turn of events, Eric suddenly has someone to connect with, making him feel less alone in the world. But as they spend more and more time together, he begins to question what is real. When he starts losing control of the very thing that is holding him together, Eric must finally confront his reality. Even if it means losing Haru forever



The Art of Insanity by Christine Webb (2022)

Putting up a front and hiding her mental illness from her classmates is going to be the hardest thing high schooler Natalie Cordova has ever done. It's her senior year, and she's just been selected to present her artwork at a prestigious show. With the stress of performing on her shoulders, it doesn't help when Natalie notices a boy who makes her heart leap. And then there's fellow student Ella, who confronts Natalie about her summer car "accident" and pressures her into caring for the world's ugliest dog. Now Natalie finds herself juggling all kinds of feels and responsibilities. Surely her newly prescribed medication is to blame for the funk she finds herself in. But as Natalie's plan to self-treat unravels, so does the perfect facade she's been painting for everyone else.