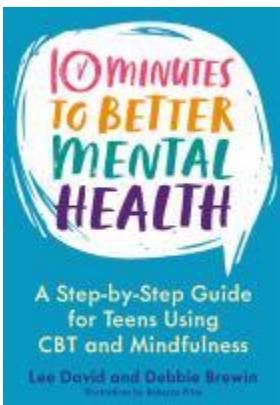


Where to Start by Mental Health America (2023)

A comforting and useful 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. It can be extremely hard to figure out what's going on in our own heads when we are suffering--when we feel alone and unworthy and can't stop our self-critical inner voice. And it's even more difficult to know where to go for answers. This book is a perfect first step. Here you'll find clear, honest, reassuring information about all the most common mental illnesses and what you can do to find help and to practice self-care.

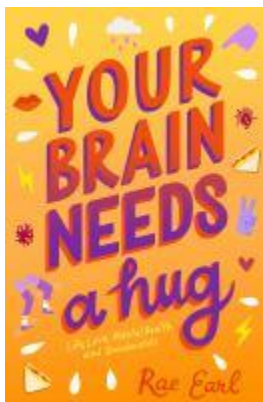
TEEN 155 WHE



10 Minutes to Better Mental Health by Lee David (2022)

10 minutes is all you need a day to develop the skills for better mental health. Covering low mood, anxiety and worry, self-esteem and more, the bitesize information, exercises and video and audio clips in this book will help you to plan and carry out changes in your day-to-day life. Survive and thrive with CBT and mindfulness.

TEEN 155.5 DAV

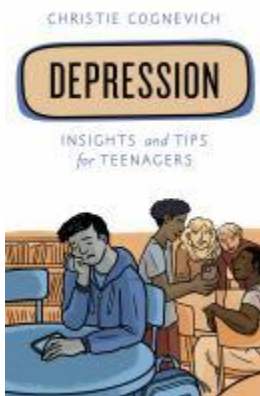


Your Brain Needs a Hug by Rae Earl (2019)

My Mad Fat Diary author Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship. When she was a teenager, Rae dealt with OCD, anxiety, and an eating disorder, but she survived, and she thrived.

Your Brain Needs a Hug is filled with her friendly advice, coping strategies and laugh-out-loud moments to get you through the difficult days. Witty, honest, and enlightening, this is the perfect read for feeling happier and healthier and learning to navigate life without feeling overwhelmed or isolated.

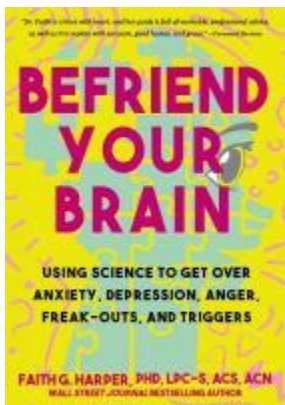
TEEN 362 EAR



***Depression: Insights and Tips for Teenagers* by Christie Cognevich (2020)**

This book offers relatable situations and strategies to guide teens struggling with mental health—including identifying signs of struggle, recognizing stress factors, and offering strategies to escape harmful mental habits which can leave individuals feeling vulnerable, helpless, or in despair.

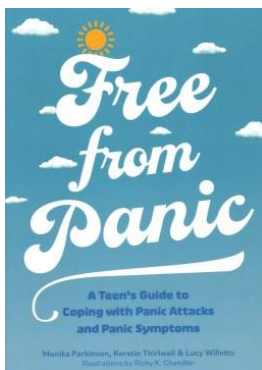
TEEN 616.85 COG



***Befriend Your Brain* by Faith G. Harper (2021)**

With humor and patience, Dr. Faith G. Harper shows you the science behind why your brain is acting up and ideas for new ways to respond when you're feeling scared, sad, anxious, or angry. You can train your brain to be your friend and help you live a happy, calm, and healthy life. If you have experienced trauma or if you have a hard time feeling good and getting along with other people, this book can help. This is an adaptation of Dr. Faith's bestselling book (which has an R-rated title), written for tweens, teens, and the adults trying to help them navigate it all.

616.852 HAR



***Free From Panic: A Teen's Guide to Coping with Panic Attacks and Panic Symptoms* by Monika Parkinson (2022)**

Co-authored by clinicians specialising in anxiety, this guide for teens struggling with panic symptoms or panic disorder uses strategies from CBT, ACT and CFT. It is particularly useful for those who have yet to receive professional treatment.

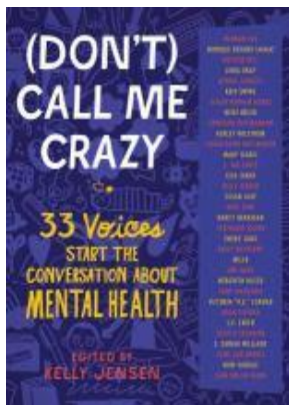
TEEN 616.852 PAR



***Being There* by Leanne Currie-McGhee (2025)**

This book provides practical advice for teens on how to support a friend going through a difficult time with their mental health. It provides young people information on how to be there for someone in need, emphasizing the importance of empathy, listening, and offering the right kind of support during challenging moments.

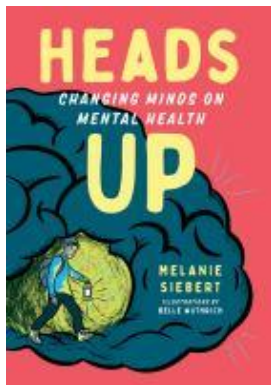
TEEN 616.89 CUR



(Don't) Call Me Crazy edited by Kelly Jensen (2018)

Essays, lists, poems, and art explore the ways in which 33 contributors cope--and thrive--with mental illness including actress Kristen Bell, figure skater Nancy Kerrigan, and bestselling YA authors like Libba Bray, Adam Silvera, and Victoria Schwab.

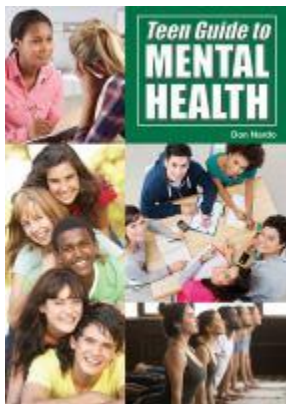
TEEN 616.89 DON



Heads Up: Changing Minds on Mental Health by Melanie Siebert (2020)

This nonfiction book for teen readers is a guide to understanding mental health and coping with mental illness, trauma and recovery. It features real-life stories of resilient teens and highlights innovative approaches to mental health challenges.

TEEN 616.89 SIE



Teen Guide to Mental Health by Don Nardo (2020)

Today's teens face and are expected to deal with a wide array of personal, social, and other issues involving home-life, school, dating, body image, sexual orientation, major life transitions, and in some cases physical and mental problems, including eating disorders and depression. This volume examines how many teens have learned to cope with and survive these often stressful trials and tribulations of modern youth.

TEEN 618.928 NAR



Lavender Clouds by Bex Ollerton (2024)

Eisner Award nominated author Bex Ollerton-known as @Schnumn to her thousands of followers-is a talented comic artist who feels energized and courageous on some days and exhausted and emotionally depleted on others. In Lavender Clouds, she translates her experiences with Autism, ADHD, and mental health into a series of colorful, emotionally resonant comics that tell stories of neurodiversity and resilience. With a tone that is sharp but always sensitive, this debut book collection describes the many insights and strategies the author has learned on her journey to self-acceptance.

TEEN BIO OLLERTON