

155.5 DAM

Damour, Lisa, 1970-. Under pressure : confronting the epidemic of stress and anxiety in girls.

A guide to the increase in anxiety and stress experienced by girls of all ages.

616.8 Pat

Patterson, James, 1947-. Med head : my knock-down, drag-out, drugged-up battle with my brain.

Tells the true story of Cory Friedman and his thirteen-year battle with Tourette syndrome, numerous medications and treatments, and his family's determination to find help for their son.

616.85 Kle

Klebanoff, Susan. Ups & downs : how to beat the blues and teen depression.

Examines the nature, causes, and effects of depression, where to turn for help, and ways to cope with it.

616.85 Owe

Owens, Michael, 1978-. I'm depressed, now what?

Examines the characteristics and causes of depression, looks at depression during adolescence, and discusses treatment options.

616.89 BUR

Burgess, Wes. The bipolar handbook : real-life questions with up-to-date answers.

Offers a comprehensive overview of bipolar disorder, discussing the disorder's symptoms, possible causes, diagnosis, treatment, and impact on a patient's friends and family.

PS 616.85 Irw

Irwin, Cait. Monochrome days : a firsthand account of one teenager's experience with depression.

Explores the causes, treatment, and management of adolescent depression; and offers tips on dealing with the disorder both at school and at home.

PS 616.85 Kan

Kant, Jared Douglas. The thought that counts : a firsthand account of one teenager's experience with obsessive-compulsive disorder.

A true account of a teenager's struggle with obsessive-compulsive disorder, describing the warning signs, where to get help, and how to manage the symptoms at home and school, and outlining treatments that have proven to be effective.

PS 616.89 Jam

Jamieson, Patrick E., 1973-. Mind race : a firsthand account of one teenager's experience with bipolar disorder.

Patrick Jamieson chronicles his battles with bipolar disorder as a teen, and offers other teens suffering from the disorder practical advice on how they can cope with the emotional and physical challenges they face.

PS 616.89 Sny

Snyder, Kurt. Me, myself, and them : a firsthand account of one young person's experience with schizophrenia.

Provides a firsthand account of what living with schizophrenia is like and includes information on the symptoms, diagnosis, and treatment of the disorder as well as advice on managing daily life.

Mental Health

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Your Library



All of the books listed can be found in the
BFA Fairfax Library

YA Arn

Arnold, David, 1981-. Mosquitoland.

"When she learns that her mother is sick in Ohio, Mim confronts her demons on a thousand-mile odyssey from Mississippi that redefines her notions of love, loyalty, and what it means to be sane

YA Col

Colbert, Brandy. Little & Lion : a novel.

"Suzette returns home to Los Angeles from boarding school and grapples with her bisexual identity .

YA FIC CHI

Chim, Wai. The surprising power of a good dumpling.

"Anna Chiu has her hands full. When she's not looking after her brother and sister or helping out at her father's restaurant, she's taking care of her mother, whose debilitating mental illness keeps her in bed most days.

YA Fic Fox

Fox, Helena. How it feels to float.

"Sixteen-year-old Biz sees her father every day, though he died when she was seven. When he suddenly disappears, she tumbles into a disaster-land of grief and depression from which she must find her way back"

YA Gep

Gephart, Donna. Lily and Dunkin.

"Lily Jo McGrother, born Timothy McGrother, is a girl. But being a girl is not so easy when you look like a boy. Especially when you're in the eighth-grade. Norbert Dorfman, nicknamed Dunkin Dorfman, is bipolar and has just moved from the New Jersey town he's called home for the past thirteen years. Lily Jo McGrother meets Dunkin Dorfman, and their lives forever change"

YA Gre

Green, John, 1977-. Turtles all the way down.

Aza Holmes is a young woman navigating daily existence within the ever-tightening spiral of her own thoughts.

YA FIC HOP

Hopkins, Ellen. Impulse.

Three teens who meet at Reno, Nevada's Aspen Springs 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.

YA Kin

Kinsella, Sophie. Finding Audrey.

Fourteen-year-old Audrey is making slow but steady progress dealing with her anxiety disorder when Linus comes into the picture and her recovery gains momentum.

YA Kue

Kuehn, Stephanie. Charm & strange : a novel.

A lonely teenager exiled to a remote Vermont boarding school in the wake of a family tragedy must either surrender his sanity to the wild wolves inside his mind or learn that surviving means more than not dying.

YA FIC MCG

McGovern, Cammie. 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.

YA FIC SHE

Sheff, Nic. Schizo.

A teenager recovering from a schizophrenic breakdown is driven to the point of obsession.

YA FIC SHU

Shusterman, Neal. Challenger deep.

"A teenage boy struggles with schizophrenia"

YA FIC SLO

Sloan, Holly Goldberg, 1958-. I'll be there : a novel.

Raised by an unstable father who keeps constantly on the move, Sam Border has long been the voice of his silent younger brother, Riddle, but everything changes when Sam meets Emily Bell and the brothers encounter normalcy for the first time.

YA FIC VIZ

Vizzini, Ned, 1981-2013. It's kind of a funny story.

New York City teenager Craig Gilner succumbs to academic and social pressures at an elite high school and enters a psychiatric hospital after attempting suicide.

YA FIC WHA

Whaley, John Corey. Highly illogical behavior.

Agoraphobic sixteen-year-old Solomon has not left his house in three years, but Lisa is determined to change that.