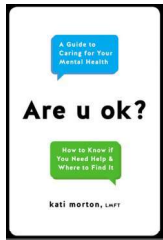


You're Not Alone: Mental Health Nonfiction Picks for Teens



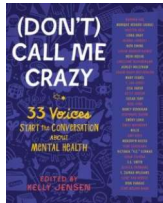
As mental health struggles get more time in the spotlight, more mental health nonfiction books are being published. This list by YALSA looks at great resources for teens who are struggling with mental health issues or want to help someone that is. Some titles may be available in e-formats. Check the catalog or ask a librarian for assistance.



Are U OK?: A Guide to Caring for Your Mental Health

by Kati Morton
YA 616.89 Mo

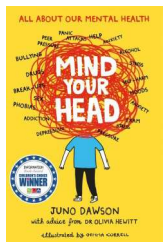
Licensed family therapist Kati Morton's book is one of the most useful and accessible on this list. This book is laid out in a Q&A format with a friendly tone that doesn't judge or look down on anyone seeking help. It leads readers through the most common questions about mental health topics and the process involved with getting help. The down-to-earth writing even helps to destigmatize the struggles that many people go through.



(Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health

by Kelly Jensen (editor)
YA 616.89009 Do

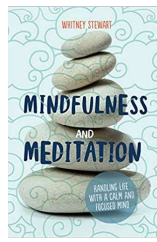
This book is a conversation starter about mental health. It looks at how we talk about mental health (or how we don't). Composed of the pieces from 33 writers, artists, and athletes, the contributors explore their personal experiences with mental health struggles. There are essays, comics, illustrations, and even funny lists. The balance between straight-up serious and flat-out funny entries means that there is something for everyone.



Mind Your Head

by Juno Dawson
YA 616.89008 Da

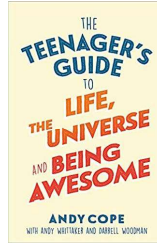
From the critically acclaimed author of *This Book Is Gay*, this particular book looks at taking care of mental health just as much as we do physical health. In addition to Juno's own funny stories, it features real-life mental health tales from young people around the world. Comic illustrations from Gemma Correll increase the fun factor, and practical information from clinical psychologist Dr. Olivia Hewitt helps to cover a wide range of mental health issues faced by teens whether short-term or long-term.



Mindfulness and Meditation: Handling Life with a Calm and Focused Mind

by Whitney Stewart
YA 155.5182 St

Stress, anxiety, and depression can begin to get hardcore the teen years for the most part. Adulthood is better if good habits are developed for handling mental health as a teen. This book seeks to teach practical skills. Specifically, it looks into examining emotions, keeping a tab on social media habits, wellness routines, and managing stress levels. The writing uses a lens of the teen experience to frame things – making it very useful for day-to-day mental health support.



The Teenager's Guide to Life, the Universe, and Being Awesome

by Andy Cope
YA 158.10835 Co

After spending 10 years researching "positive psychology" at Loughborough University, Andy Cope has what he refers to as a "PhD in Happiness" – in addition to being a best-selling children's author (*Spy Dog* series). This book takes a different angle on mental health for teens. It actually serves as a prompt for thinking about the bigger picture. Who a teen wants to be, what they want from life, and trying to figure out what they want from life are asked. Since these questions show up in stories and don't come from an adult authority figure, teens can truly think about them.



Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches

by Rae Earl
YA 616.89008 Ea

The author of this book dealt with anxiety, an eating disorder, and OCD while she was a teenager. In this book, she shares coping strategies, funny moments to get others through difficult days, and frank, friendly advice. The style of the book is written like someone who has "been there." Readers feel like they are being talked to in an honest yet funny way. It is a great pick for those who need a mental health pick-me-up. Also look up Rae Earl's *It's All in Your Head* for another solid option in the realm of teen mental health nonfiction.

This booklist includes selected titles found in HSPLS.
The complete list may be found at:
<http://www.yalsa.ala.org/thehub/2019/09/09/mental-health-nonfiction-picks-for-teens/>
Accessed December 05, 2019



Compiled by Jan T. Kamiya
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