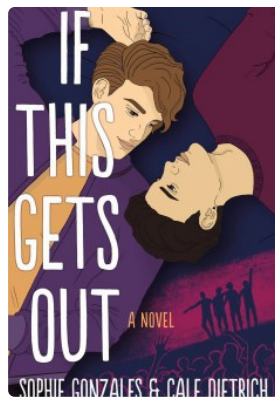


All My Rage by Sabaa Tahir
Pakistani-American high schoolers Salahudin and Noor have a falling out that ends their friendship. Sal struggles to run his family's motel with a dying mother and alcoholic father. Noor struggles to apply to colleges while working under her abusive Uncle. As their conditions worsen, they may need to call on each other for help.



If This Gets Out by Sophie Gonzalez
18 year-olds Ruben and Zach are in the most popular boy band in America. Secretly, Ruben has been pressured by his label to hide the fact that he is gay. During their band's tour, Ruben and Zach become closer, but find they may not have the support to be who they truly are.

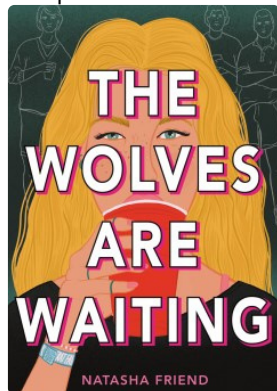
Improbable Magic for Cynical Witches by Kate Scelsa

Elanor is the only one in Salem who is skeptical of witchcraft. She's spent the last year going through the motions after the death of her friend and first love, but a mysterious handwritten tarot guide delivered to her workplace may just bring magic into her life. Will it be enough to forget the past that haunts her?



Coming Up for Air by Nicole Tyndall

Hadley is determined to get through high school without any risks or heartbreaks. Charming, impulsive Braden is exactly the type of person Hadley avoids, but he also reminds her how to live again. When it's revealed that Braden's been hiding a dark secret, Hadley must decide to stay with him or walk away.



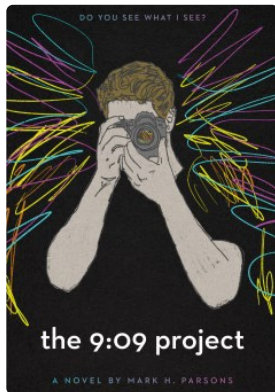
The Wolves are Waiting by Natasha Friend
15 year-old Nora is found passed out on a golf course after a frat party. Not able to remember what happened, she tries to forget it ever happened, but an old friend urges her to report the incident. Could Nora's silence lead to potential harm to someone else?



We Are All So Good at Smiling by Amber McBride
Whimsy and Faerry meet in the hospital while both being treated for clinical depression. They soon find out that they both have magic and are both being called to a mysterious forest at the end of their street. The forest holds monsters as well as something they've both been running from.

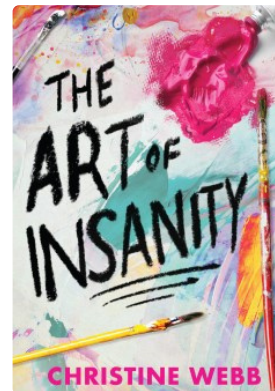
The 9:09 Project by Mark H. Parsons

Every member of Jamison's family is coping differently from his mother's death. Fearing that his memory of her will slip away, he takes the Nikon camera his mother gave him and embarks on a project to photograph ordinary people on the street.



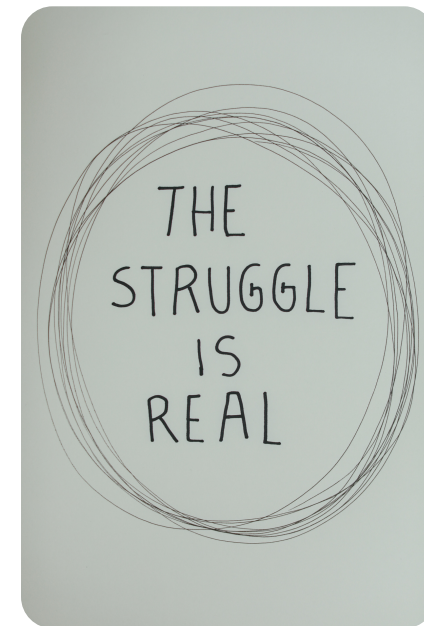
The Art of Insanity by Christine Webb

High school senior Natalie is diagnosed with Bipolar disorder and urged by her mother to keep it a secret. Her medication keeps her in control, but the pressure of an upcoming art show, blackmail from a fellow student, and new romantic feelings make her feel like she's starting to unravel.



THE STRUGGLE IS REAL

Books about violence, drugs, mental health, and abuse

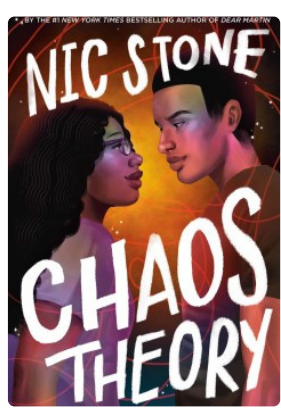


Compiled by the Monroe County Library System's Teen Services Librarians
2024



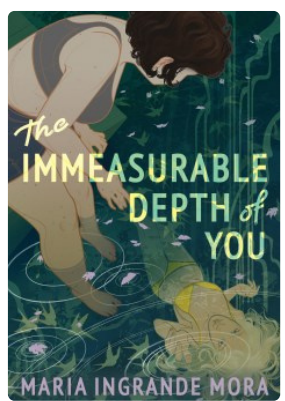
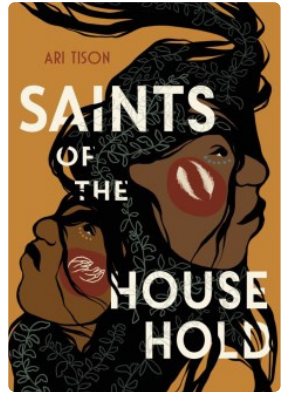
Monroe County Library System
www.libraryweb.org

CW: These titles may contain depictions of abuse, substance use/addiction, suicide, mental illness, death, and violence



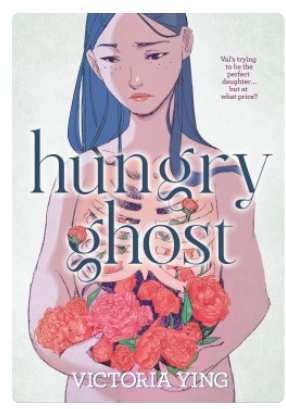
Chaos Theory by Nic Stone
Shelbi is determined to keep her mental illness a secret at her new school, unlike what happened at her old school. Politician's son Andy is struggling with addiction while trying to keep up a good public image. When the two of them meet, will their connection be strong enough to overcome the obstacles pulling them apart?

Saints of the Household by Ari Tison
Brothers Max and Jay have always had to band together against their physically abusive father. Instinct takes over during an altercation in the woods, and the two brothers are suddenly at the center of a violent crime against a fellow student. As the events of the attack unfold, the brothers must confront their own actions.



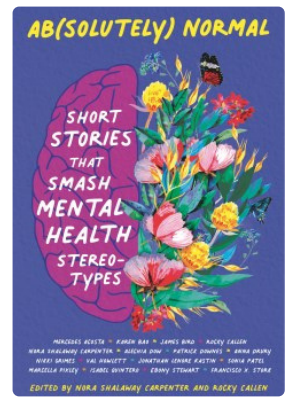
The Immeasurable Depth of You by Maria Ingrande Mora
15 year-old Brynn's mother mistakes one of her posts for a suicide note and sends her to stay with her father in Florida for the summer without her phone or laptop. Brynn's boring days on her father's houseboat are suddenly interrupted by a mysterious, fearless girl who seems to be trapped in the bayou.

Ever Since by Alena Bruzas
17 year-old Virginia begins falling in love with fellow classmate, Rumi, who is in a relationship with someone else. As the two spend time together, Virginia realizes Rumi's younger sister, Lyra, is being groomed by a respected man in the community. Virginia must choose between staying quiet and helping Lyra.



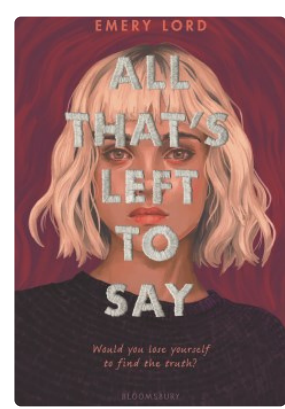
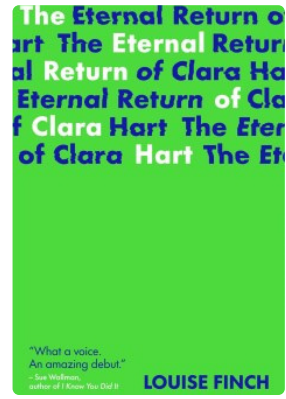
Hungry Ghost by Victoria Ying
Quiet, studious Victoria has always been thin, but no one knows that it's a result from bingeing and purging. A tragedy forces Victoria to confront her choices as well as her mother's toxic behavior. Graphic Novel.
Content Warnings: Depictions of disordered eating, fatphobia, abusive parenting

Absolutely Normal: Short Stories That Smash Mental Health Stereotypes by Nora Shalaway Carpenter
In an inspiring and hopeful anthology, 16 authors channel their own experiences with mental health into these short stories that show you're more than your mental illness.



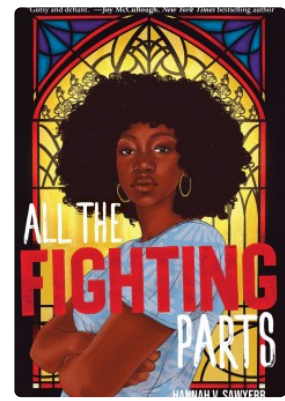
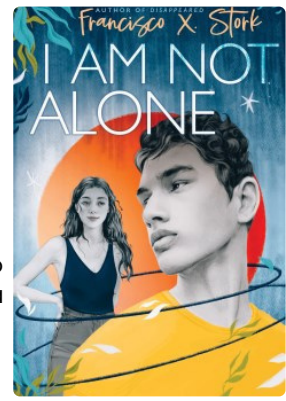
If Tomorrow Doesn't Come by Jen St. Jude
Avery has three secrets: she's queer, in love with her best friend, and living with undiagnosed depression. On the day she's planning to commit suicide, the world learns that an asteroid will destroy Earth in 9 days. But will she be able to keep her secrets for those last 9 days?

The Eternal Return of Clara Hart by Louise Finch
Spence is tired of his friend, Anthony's sexist jokes, but is afraid of losing his only friend. One night Spence finds Anthony assaulting their classmate, Clara, causing her to flee and get hit by a car. The next day Spence finds himself in a time loop where Clara is still alive - but can he change her fate?



All That's Left to Say by Emery Lord
Hannah's cousin is killed at her elite private school from lethal pills. Taking matters into her own hands, Hannah decides to enroll and investigate who gave her cousin the deadly pills.

I Am Not Alone by Francisco X. Stork
Alberto is an undocumented immigrant who begins developing schizophrenia. He instantly connects with aspiring valedictorian Grace who is reeling from her parent's divorce. When Alberto finds himself at the center of a crime he isn't sure if he committed, can Grace prove his innocence?



All the Fighting Parts by Hannah V. Sawyer
When 16 year-old Amina is sexually assaulted by a beloved pastor, her life begins to unravel. Her friends and family don't understand why her grades are slipping and why she's suddenly quiet and distant. Will she be able to find her voice and confront her assaulter?

Rana Joon and the One & Only Now by Shideh Etaat
It's 1996 and Iranian-American Rana Joon is the opposite of what's considered the "perfect" Iranian girl - she's Queer, smokes weed, and listens to rap. Reeling from the death of her best friend, she decides to enter a rap contest to honor him even though she has a fear of public speaking.

