



We Are All So Good at Smiling
by Amber McBride (2023)

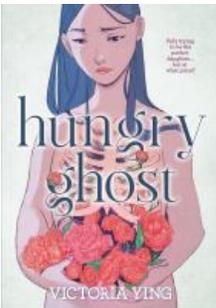
When hospitalized for her clinical depression, Whimsy connects with a boy named Faerry, who also suffers from the traumatic loss of a sibling, and together they work to unearth buried memories and battle the fantastical physical embodiment of their depression.



If Tomorrow Doesn't Come
by Jen St. Jude (2023)

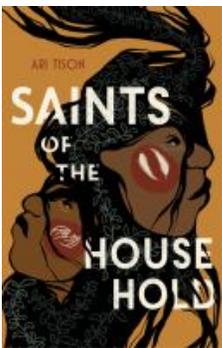
Nineteen-year-old Avery plans to end her life but changes her mind when she learns an asteroid is heading towards Earth, and with nine days left to live, long held secrets begin to come out and Avery finally begins to heal.

Books about violence, drugs, mental health, and abuse



Hungry Ghost
by Victoria Ying (2023)

Valerie Chu is quiet, studious, and above all, thin. No one, not even her best friend, Jordan, knows that she has been bingeing and purging for years. But when tragedy strikes, Val finds herself reassessing her priorities, her choices, and her body. The path to happiness may lead her away from her hometown and her mother's toxic projections--but first she will have to find the strength to seek help.



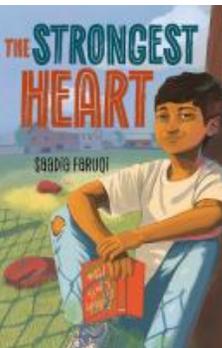
Saints of the Household
by Ari Tison (2023)

When brothers Max and Jay help a classmate in trouble, they struggle with the consequences of their violent actions and worry they may be more like their abusive father than they thought, so the brothers turn to their Bribri roots to find their way forward.



Nobody in Particular
by Sophie Gonzales (2025)

Princess Rosemary of Henland can't afford distractions. She's working tirelessly to repair her image following a scandal that lost the trust of both her country and her best friend. Unfortunately, when a beautiful and funny new student joins her boarding school, Rose finds herself quite distracted indeed.



The Strongest Heart
by Saadia Faruqi (2025)
Tween Fiction

When Abbu's moods shake the house, Mo is safe inside his head, with his cherished folktales. The best way to respond is not to engage. Apparently, his mama knows that too-- which is why she took a job on the other side of the world, leaving Mo alone with Abbu. Mo knows that the monster within his father can break out and destroy their fragile peace at any moment.

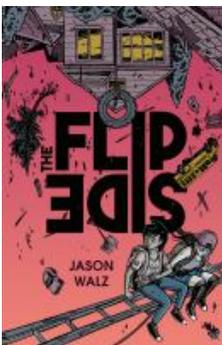
Trigger Warning:
These titles may contain depictions of abuse, substance use/addiction, suicide, mental illness, death, and violence



In Limbo
by Deb J.J. Lee (2023)
Graphic Novel

Ever since Deborah (Jung-Jin) Lee emigrated from South Korea to the United States, she's felt her otherness. In high school, everything gets harder. Caught in limbo, with nowhere safe to go, Deb finds her mental health plummeting, resulting in a suicide attempt.

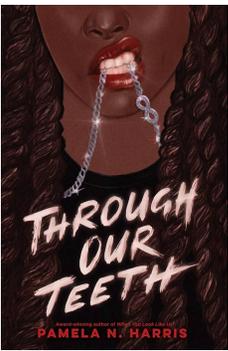
But Deb is resilient and slowly heals with the help of art and self-care, guiding her to a deeper understanding of her heritage and herself.



The Flip Side
by Jason Walz (2025)
Graphic Novel

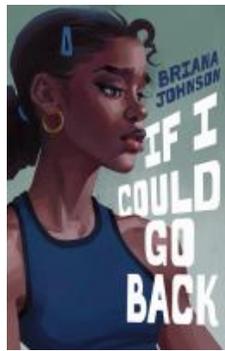
After losing his best friend to cancer, grieving Theo navigates a haunting alternate reality that embodies his depression, where he faces a shape-shifting monster and teams up with a mysterious girl to survive in a world where everyone has vanished.

Prepared By
Monroe County Library System
Teen Services Librarians
2026



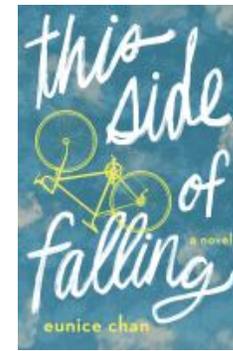
Through Our Teeth by Pamela Harris (2025)

Hope Jackson is dead. Everyone is convinced she took her own life, but Liv, one of Hope's best friends, isn't so sure. Hope's boyfriend, Brendan, was always jealous and possessive, and his alibi doesn't really check out. So with the help of Hope's other two best friends, Kizzie and Sherie, Liv is determined to bring Brendan's actions to light.



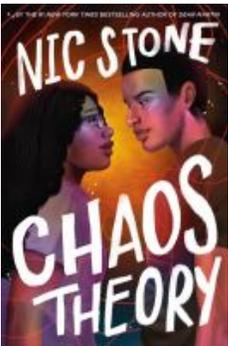
If I Could Go Back by Briana Johnson (2025)

For Aaliyah Campbell, family is everything. Her cousin Ivy is her best friend and track costar, and Grandpa Joe is her rock. But Grandpa Joe refuses to explain why her parents gave her up and, without answers, Aaliyah cannot silence the anxious voice telling her she's never been good enough.



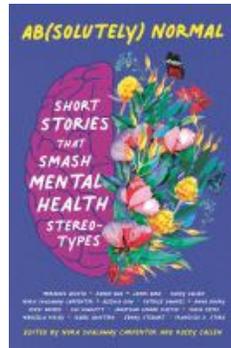
This Side of Falling by Eunice Chan (2025)

"Not real." The mantra seventeen-year-old Nina repeats to herself the morning after her almost-boyfriend, Ethan Travers, jumped onto the tracks in front of a freight train. The two words that keep the truth just far enough away so the loss can't touch her, grief can't break her.



Chaos Theory by Nic Stone (2023)

Andy Criddle is not okay. At all. He's had far too much to drink. Again. Which is bad. And things are about to get worse. When Shelbi sees Andy at his lowest, she can relate. So she doesn't resist reaching out. And there's no doubt their connection has them both seeing stars... but the closer they get, the more the past threatens to pull their universes apart.



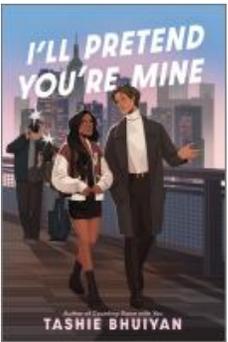
Absolutely Normal: Short Stories That Smash Mental Health Stereotypes (2023)

Channeling their own experiences, sixteen exceptional authors subvert mental health stereotypes in a powerful and uplifting collection of fiction. 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.



Fitting Indian by Jyoti Chand (2025) Graphic Novel

All Nitasha's parents want is for her to be the perfect Indian daughter--something she is decidedly not. To make matters worse, she's never quite felt like she belongs at school either. Alcohol takes the edge off, but when that doesn't work, Nitasha turns to cutting. She can't stop asking herself: Will she ever be enough for her friends or her family? Or even for herself?



I'll Pretend You're Mine by Tashie Bhuiyan (2025)

Eighteen-year-old pop star Summer Ali breaks free from her controlling parents to find her own voice. Struggling with writer's block, she agrees to a PR romance with notorious former child actor Jules Moradi. As their fake relationship deepens, Summer discovers truths about identity, fame, and love, forcing her to choose between her career dreams and her heart.



Under this Red Rock by Mindy McGinnis (2025)

After her brother's suicide, Neely works as a tour guide in the caverns where she meets beautiful, strong, confident Mila, but when a drug-fueled midnight staff party results in Mila's brutal murder, Neely must figure out who killed her - and face the possibility it might've been her.



Here I Am, I Am Me by Cara Bean (2024) Non-fiction Graphic Novel

Each chapter explores a different aspect of mental health, from the brain and the mind, to feelings and emotions. By portraying complex neuroscience concepts with a cast of illustrated brain part characters, the book explains what is really going on in the reader's head in an accessible, approachable way.



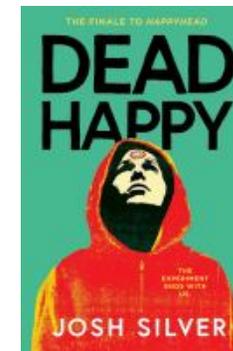
Ever Since by Alena Bruzas (2023)

Seventeen-year-old Virginia makes bad choices. In fact, she's That Kind of Girl, according to the whispers. But as long as she has her tight group of best friends by her side, she's able to ignore the gossipers. Then, she discovers that his little sister, Lyra, is being groomed for abuse. The soon-to-be-abuser is a respected member of the community, and only Virginia knows who he is and what he does.



I Am Not Alone by Francisco X. Stork (2023)

Alberto's life isn't easy: He's an undocumented immigrant from Mexico who lives with his sister's abusive boyfriend. When Alberto and Grace meet, they have an immediate and electric connection. But when Alberto is suspected of a crime, and his schizophrenia makes him believe his guilt, it's up to Grace to find the truth of Alberto's innocence.



Dead Happy by Josh Silver (2025)

Forced to compete in a new set of mental health trials on a remote island, Seb searches for a way to escape and expose the secrets of the sinister HappyHead organization.