

Mental Illness

This list will primarily focus on fiction related to depression/anxiety, but other mental illnesses – such as Schizophrenia, PTSD, phobias, etc. will also be covered. Some non-fiction resources addressing these topics are also listed at the end.

Depression/Anxiety:

- Someday, somewhere – Y CHA
- It's kind of a funny story – Y VIZ
- How it feels to float – Y FOX
- The history of Jane Doe – Y BEL
- Definitions of indefinable things – Y TAY
- Fans of the impossible life – Y SCE
- Some kind of happiness – J LEG (children's section)
- What happens now – Y CAS
- What I leave behind – Y MCG
- On a scale of 1 to 10 – Y SCO
- The astonishing color of after – Y PAN
- Any second – Y EME
- Everything all at once – Y LEN
- How it feels to fly – Y HAL
- Chick: Lister – Y VAN
- The nature of Jade – Y CAL
- Mis(h)adra – Y ATA (graphic novel)
- Emotions explained with buff dudes – Y TSY (graphic novel)
- Big mushy happy lump : a "Sarah's Scribbles" collection – Y AND (graphic novel)

Self-Harm:

- Girl in pieces – Y GLA
- Scars – Y RAI
- Cut – Y MCC

Addiction:

- The temptation of Adam – Y CON
- Go ask Alice – Y ANO
- Wild bird – Y VAN
- Crank – Y HOP
- Other broken things – Y DES

- Brave enough – Y GAR
- This is the part where you laugh – Y HOF
- Out of reach – Y ARC
- Recovery Road – Y NEL
- The boy most likely to – Y FIT
- Clean – Y REE

Schizophrenia:

- The place between breaths – Y AN
- Words on bathroom walls – Y WAL
- Challenger deep – Y SHU
- Your voice is all I hear – Y SHC
- Schizo – Y SHE
- Before my eyes – Y BOC

PTSD:

- The price of duty – Y STR
- The impossible knife of memory – Y AND
- Anything but okay – Y LIT
- American road trip – Y FLO
- We are all that's left – Y ARC
- Grendel's guide to love and war – Y KAP

OCD:

- History is all you left me – Y SIL
- Turtles all the way down – Y GRE
- OCDaniel – Y KIN
- The unlikely hero of room 13B – Y TOT
- Every last word – Y STO

Phobias:

- Under rose-tainted skies – Y GOR
- American panda – Y CHA
- A semi-definitive list of worst nightmares – Y SUT
- Dark Eden – Y CAR
- Alice and the fly – Y RIC
- Highly illogical behavior – Y WHA
- R.I.P. Eliza Hart – Y SHE

Non-fiction:

- Teens talk about anxiety and depression – Y 616.85 TEE
- Life inside my mind : 31 authors share their personal struggles – Y 616.89 LIF

- Self-injury – 616.8582 SEL (adult section)
- Comes the darkness, comes the light : a memoir of cutting, healing, and hope – 616.8582 VEG (adult section)
- Your brain needs a hug – Y 616.89 EAR
- The everything health guide to schizophrenia : the latest information on treatment, medication, and coping strategies – 616 .8982 HAY (adult section)
- Light filters in : poems – Y 811.6 KAU
- Coping with fears and phobias – 152.4 MAN (adult section)
- High : everything you want to know about drugs, alcohol, and addiction – 616.86 SHE (adult section)
- Teens talk about drugs and alcohol – Y 362.29 TEE
- On the rocks: teens and alcohol – Y 362.292 ARE
- Teen drug abuse – 362.293 TEE (adult section)