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:

- It's kind of a funny story – Y VIZ
- The history of Jane Doe – Y BEL
- Fans of the impossible life – Y SCE
- Some kind of happiness – J LEG (children's section)
- What happens now – Y CAS
- How to lose yourself completely – Y BOG
- The bridge – Y KON
- The loudest silence – Y LAN
- Darius the Great is not okay (duology) – Y KHO
- Ab(solutely) normal : short stories that smash mental health stereotypes – Y ABS
- The astonishing color of after – Y PAN
- We are all so good at smiling – Y MCB
- The art of insanity – Y WEB
- Everything all at once – Y LEN
- A tragic kind of wonderful – Y LIN
- How it feels to fly – Y HOL
- Baby & Solo – Y POS
- Girl in pieces – Y GLA
- On a scale of 1 to 10 – Y SCO
- Emotions explained with buff dudes – Y TSY (graphic novel)
- I had that same dream again : the complete manga collection – Y SUM (graphic novel)
- Big mushy happy lump : a "Sarah's Scribbles" collection – Y AND (graphic novel)

Addiction:

- Go ask Alice – Y ANO
- Crank (series) – Y HOP
- Gather – Y CAD
- The New David Espinoza – Y ACE
- Other broken things – Y DES
- Brave enough – Y GAR
- The glass girl – Y GLA

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- The boy most likely to – Y FIT
- You'd be home now – Y GRA
- Heroine – Y MCG
- The house no one sees – Y KIN
- Hey, kiddo – Y KRO (graphic novel)

Bi-polar Disorder/Schizophrenia:

- The place between breaths – Y AN
- Words on bathroom walls – Y WAL
- The golden boy's guide to bipolar – Y REY
- Schizo – Y SHE
- Little & Lion – Y COL
- Before my eyes – Y BOC
- The lightness of hands – Y GAR

PTSD:

- The impossible knife of memory – Y AND
- Anything but okay – Y LIT
- American road trip – Y FLO
- A heart in a body in the world – Y CAL
- Grendel's guide to love and war – Y KAP
- The lost things club – J PUL (children's section)
- Puzzled : a memoir of growing up with OCD – J COO (children's graphic novel)
- Mister Miracle: the great escape – Y JOH (graphic novel)

OCD:

- History is all you left me – Y SIL
- Worst-case scenario – Y STO
- List of ten – Y GOM
- Turtles all the way down – Y GRE
- The weight of our sky – Y HAN
- All our broken pieces – Y CRI
- Ariel crashes a train – Y COL
- OCDaniel – Y KIN (Fairchild only)
- Every last word – Y STO
- Buzzing – J SAT (children's graphic novel)

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
- 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
- Your brain needs a hug : life, love, mental health, and sandwiches – Y 616.89 EAR
- (Don't) call me crazy : 33 voices start the conversation about mental health – Y 616.89 JEN
- Traumatized : identify, understand, and cope with PTSD and emotional stress – 616.85 MOR (adult section)