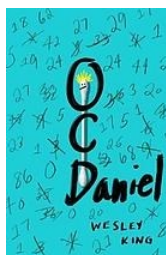


Turtles all the way down by John Green

Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis. Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts.



OCDaniel by Wesley King

A thirteen-year-old boy's life revolves around hiding his obsessive compulsive disorder until a girl at school, who is unkindly nicknamed Psycho Sara, notices him for the first time and he gets a mysterious note that changes everything.



Every last word by Tamara Ireland Stone

Consumed by a stream of dark thoughts and worries that she can't turn off, a girl coping with Purely-Obsessional OCD learns to accept herself and take control of her life through her experiences in poetry club.

You can find more fantasy action novels like these by:

- Looking for other novels written by the authors featured in this brochure.
- Searching our online catalogue for “depression” or “anxiety” at **crhslibrary.weebly.com**
- Asking the librarian at the front desk for suggestions.



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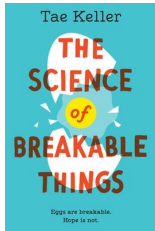
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Suggested Mental Health Novels 2020



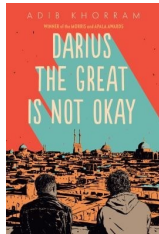
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The Science of Breakable Things by Tae Keller

Natalie's uplifting story of using the scientific process to "save" her mother from depression is what Booklist calls "a winning story full of heart and action." Eggs are breakable. Hope is not.



Darius the Great is Not Okay by Adib Khorram

Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life.



Eliza and her monsters by Francesca Zappia

In the real world, Eliza Mirk is shy, weird, and friendless. Online, she's LadyConstellation, the anonymous creator of the wildly popular web-comic Monstrous Sea. Eliza can't imagine enjoying the real world as much as she loves the online one, and she has no desire to try. Then Wallace Warland, Monstrous Sea's biggest fanfiction writer, transfers to her school. Wallace thinks Eliza is just another fan, and as he draws her out of her shell, she begins to wonder if a life offline might be worthwhile. But when Eliza's secret is accidentally shared with the world, everything she's built, her story, her relationship with Wallace, and even her sanity begins to fall apart.



Thirteen Reasons Why by Jay Asher

Clay Jensen returns home from school to find a strange package with his name on it lying on his porch. Inside he discovers several cassette tapes recorded by Hannah Baker—his classmate and crush—who committed suicide two weeks earlier. Hannah's voice tells him that there are thirteen reasons why she decided to end her life. Clay is one of them. If he listens, he'll find out why. Clay spends the night crisscrossing his town with Hannah as his guide. He becomes a firsthand witness to Hannah's pain, and as he follows Hannah's recorded words throughout his town, what he discovers changes his life forever.



Definitions of indefinable things by Whitney Taylor

Follows three teens in a small town whose lives intersect in ways they never expected, teaching them that there are no one-size-fits-all definitions of depression, friendship, and love.



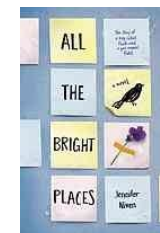
My Heart and Other Black Holes by Jasmine Warga

Seventeen-year-old Aysel's hobby--planning her own death--takes a new path when she meets a boy who has a similar plan of his own



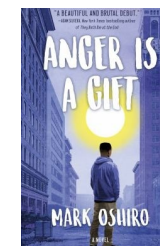
The last time we say goodbye by Cynthia Hand

After her younger brother, Tyler, commits suicide, Lex struggles to work through her grief in the face of a family that has fallen apart, the sudden distance between her and her friends, and memories of Tyler that still feel all too real.



All the bright places by Jennifer Niven

Theodore Finch is fascinated by death. Every day he thinks of ways he might kill himself, but every day he also searches for—and manages to find—something to keep him here, and alive, and awake. Violet Markey lives for the future, counting the days until graduation, when she can escape her small Indiana town and her aching grief in the wake of her sister's recent death.



Anger is a gift by Mark Oshiro

Six years ago, Moss Jefferies' father was murdered by an Oakland police officer. Along with losing a parent, the media's vilification of his father and lack of accountability has left Moss with near crippling panic attacks. Now, in his sophomore year of high school, Moss and his fellow classmates find themselves increasingly treated like criminals in their own school.