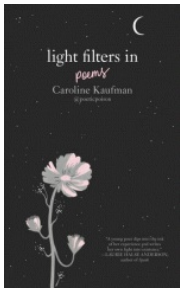


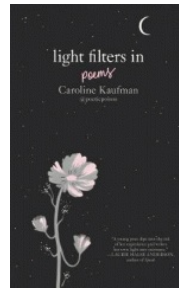
YA Mental Health Non-Fiction Books in honor of Suicide Prevention Awareness Month

For teen readers looking for books on mental health. This list was created by a librarian with the Brooklyn Public Library for a reader. Would you like your own personalized list of reading suggestions? Visit BKLYN BookMatch here: bklynlibrary.org/bookmatch

Created by BKLYNJesG



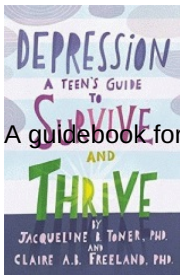
In *Light Filters In*, Caroline Kaufman--known as @poeticpoison--does what she does best: reflects our own experiences back at us and makes us feel less alone, one exquisite and insightful piece at a time. She writes about giving up too much of yourself to someone else, not fitting in, endlessly Googl...



Light Filters in : Poems

Kaufman, Caroline/ Bryksenkova, Yelena (ILT)

In *Light Filters In*, Caroline Kaufman--known as @poeticpoison--does what she does best: reflects our own experiences back at us and makes us feel less alone, one exquisite and insightful piece at a time. She writes about giving up too much of yourself to someone else, not fitting in, endlessly Googl...



Depression

by Jacqueline B. Toner, PhD and Claire A.B. Freeland, PhD.

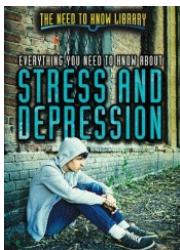
A guidebook for teenagers who are depressed or at risk for depression. This guide discusses depression and provides guidance on cognitive behavioral therapy principles to help teens take a problem-solving, strategy-based approach to deal with depressed moods, thoughts, and behavior. Intended to serv...



Lost Soul, Be at Peace

Thrash, Maggie/ Thrash, Maggie (ILT)

Describes the author's struggles with teenage depression and how a search for her missing cat becomes a search for herself.

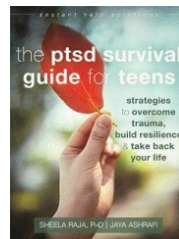


Everything You Need to Know About Stress and Depression

Parys, Sabrina

Anger, sadness, and helplessness are feelings that are often difficult for teenagers to identify, let alone cope with.

Consequentially, they often struggle to find the help they need to deal with their emotions. This book expertly describes this universal topic for an adolescent audience, continuall...



The PTSD Survival Guide for Teens : Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life

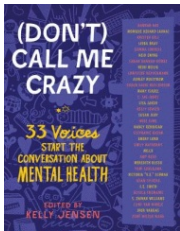
Raja, Sheela/ Ashrafi, Jaya Raja

In this compassionate guide, you'll find skills based in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you tackle anxiety and harmful avoidance behaviors; manage negative emotions; cope with flashbacks and nightmares; and...

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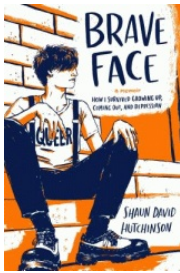
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(Don't) call me crazy : 33 voices start the conversation about mental health

Jensen, Kelly

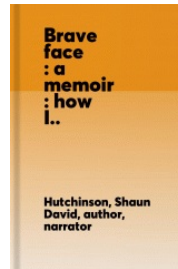
To understand mental health, we need to talk openly about it. This collection explores a wide range of topics, from the authors' personal experiences with mental illness and understanding how our brains are wired, to exploring the do's and don'ts of talking about mental health.



Brave face : a memoir

Hutchinson, Shaun David, author.

At nineteen, Hutchinson was struggling to find the vocabulary to understand and accept who he was and how he fit into a community in which he couldn't see himself. Convinced that he couldn't keep going, that he had no future, Hutchinson followed through on trying to make that a reality -- an attempt..



Brave face : a memoir : how I survived growing up, coming out, and depression

Hutchinson, Shaun David, author, narrator.

At nineteen, Hutchinson was struggling to find the vocabulary to understand and accept who he was and how he fit into a community in which he couldn't see himself. Convinced that he couldn't keep going, that he had no future, Hutchinson followed through on trying to make that a reality -- an attempt..



Superhero therapy : mindfulness skills to help teens & young adults deal with anxiety, depression & trauma

Scarlet, Janina, author.

This fun, unique, and "outside-the-box" self-help guide provides everything you need to begin your very own superhero training using evidence-based ACT and mindfulness skills. Within these colorful pages, you'll team up with a group of troubled heroes - inspired by both fictional characters and real...