

Content Warning: These titles explore mental health issues ranging from anxiety to eating disorders to suicide. If you have any concerns about potential triggers, please skip this list and check out some of the other book lists we have put together for you. Put your brain first!



***Winternights* by Laurie Halse Anderson**

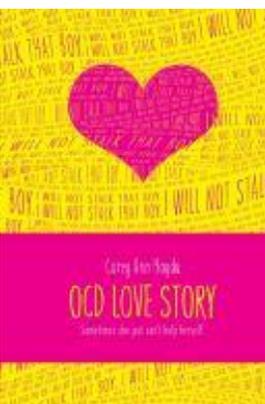
A beautifully written and riveting look at anorexia from acclaimed author Laurie Halse Anderson. Cassie and Lia are best friends, and united in their quest to be thin. But when Cassie is found dead in a motel room, Lia must question whether she continues to lose weight, or choose life instead.



***Starfish* by Akemi Dawn Bowman**

Kiko Himura has always had a hard time saying exactly what she's thinking. She prefers to keep her head down, certain that once she makes it into her dream art school, Prism, her real life will begin.

But then Kiko doesn't get into Prism, at the same time her abusive uncle moves back in with her family. So when she receives an invitation to tour art schools on the west coast, Kiko jumps at the opportunity in spite of the anxieties and fears that attempt to hold her back. And now that she is finally free to be her own person outside the constricting walls of her home life, Kiko learns life-changing truths about herself, her past, and how to be brave.

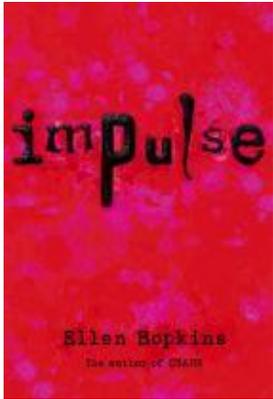


***OCD Love Story* by Corey Ann Haydu**

When Bea meets Beck, she knows instantly that he's her kind of crazy. Sweet, strong, kinda-messed-up Beck understands her like no one else can. He makes her feel almost normal. He makes her feel like she could fall in love again.

But despite her feelings for Beck, Bea can't stop thinking about someone else: a guy who is gorgeous and magnetic...and has no idea Bea even exists. But Bea spends a lot of time watching him. She has a journal full of notes. Some might even say she's obsessed.

Bea tells herself she's got it all under control. But this isn't a choice, it's a compulsion. The truth is, she's breaking down...and she might end up breaking her own heart.

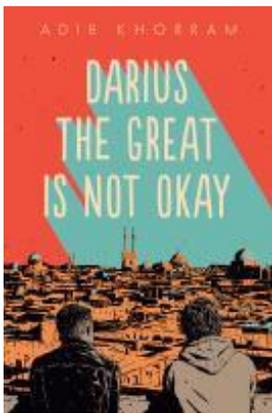


Impulse by Ellen Hopkins

Three lives, three different paths to the same destination: Aspen Springs, a psychiatric hospital for those who have attempted the ultimate act—suicide.

Vanessa is beautiful and smart, but her secrets keep her answering the call of the blade. Tony, after suffering a painful childhood, can only find peace through pills. And Conner, outwardly, has the perfect life. But dig a little deeper and find a boy who is in constant battle with his parents, his life, himself.

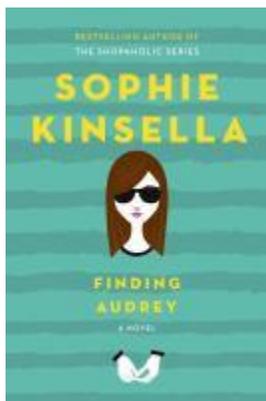
Now they have a second chance, and just maybe, with each other's help, they can find their way to a better life—but only if they're strong and can fight the demons that brought them here in the first place.



Darius the Great Is Not Okay by Adib Khorram- Darius the Great (Book 1 of 2)

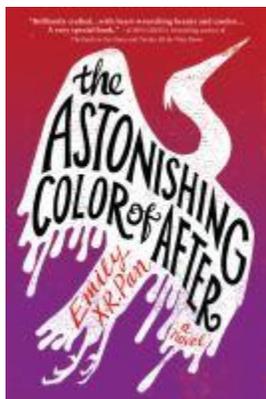
Darius has never really fit in at home, and he's sure things are going to be the same in Iran. His clinical depression doesn't exactly help matters, and trying to explain his medication to his grandparents only makes things harder.

Then Darius meets Sohrab, the boy next door, and everything changes. Soon, they're spending their days together, playing soccer, eating faludeh, and talking for hours on a secret rooftop overlooking the city's skyline. Sohrab calls him Darioush--the original Persian version of his name--and Darius has never felt more like himself than he does now that he's Darioush to Sohrab.



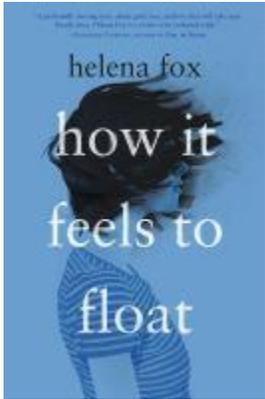
Finding Audrey by Sophie Kinsella

An anxiety disorder disrupts fourteen-year-old Audrey's daily life. She has been making slow but steady progress with Dr. Sarah, but when Audrey meets Linus, her brother's gaming teammate, she is energized. She connects with him. Audrey can talk through her fears with Linus in a way she's never been able to do with anyone before. As their friendship deepens and her recovery gains momentum, a sweet romantic connection develops, one that helps not just Audrey but also her entire family.



The Astonishing Color of After by Emily X. R. Pan

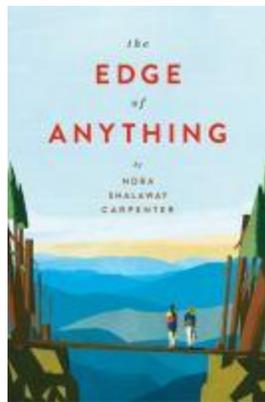
Leigh Chen Sanders is absolutely certain about one thing: When her mother died by suicide, she turned into a bird. Leigh, who is half Asian and half white, travels to Taiwan to meet her maternal grandparents for the first time. There, she is determined to find her mother, the bird. In her search, she winds up chasing after ghosts, uncovering family secrets, and forging a new relationship with her grandparents. And as she grieves, she must try to reconcile the fact that on the same day she kissed her best friend and longtime secret crush, Axel, her mother was taking her own life.



***How It Feels to Float* by Helena Fox**

Biz knows how to float. She has her people, her posse, her mom and the twins. She has Grace. And she has her dad, who tells her about the little kid she was, and who shouldn't be here but is. So Biz doesn't tell anyone anything--not about her dark, runaway thoughts, not about kissing Grace or noticing Jasper, the new boy. And not about seeing her dad. Because her dad died when she was seven. So Biz floats, right there on the surface--normal okay regular fine.

But after what happens on the beach, the tethers that hold Biz steady come undone. Her dad disappears, and with him, all comfort. It might be easier, better, sweeter to float all the way away? Or maybe stay a little longer, find her father, bring him back to her. Or maybe--maybe maybe maybe--there's a third way Biz just can't see yet.

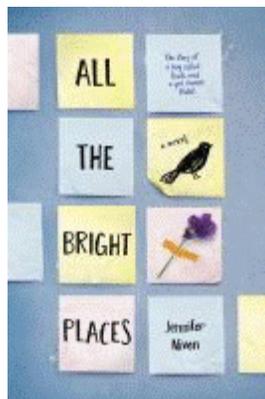


***The Edge of Anything* by Nora Shalaway Carpenter**

Len is a loner teen photographer haunted by a past that's stagnated her work and left her terrified she's losing her mind. Sage is a high school volleyball star desperate to find a way around her sudden medical disqualification. Both girls need college scholarships. After a chance encounter, the two develop an unlikely friendship that enables them to begin facing their inner demons.

But both Len and Sage are keeping secrets that, left hidden, could cost them everything, maybe even their lives.

Set in the North Carolina mountains, this dynamic #ownvoices novel explores grief, mental health, and the transformative power of friendship.



***All the Bright Places* by Jennifer Niven**

Theodore Finch is fascinated by death, and he constantly thinks of ways he might kill himself. But each time, something good, no matter how small, stops him. Violet Markey lives for the future, counting the days until graduation, when she can escape her Indiana town and her aching grief and guilt in the wake of her sister's recent death.

When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom. And when they pair up on a project to discover the "natural wonders" of their state, both Finch and Violet make more important discoveries: It's only with Violet that Finch can be himself -- a weird, funny, live-out-loud guy who's not such a freak after all. And it's only with Finch that Violet can forget to count away the days and start living them. But as Violet's world grows, Finch's begins to shrink.