

Looking for more?

Check out what people are saying—and have your own say—at **Ok2Talk**, created by the National Alliance for Mental Illness: <http://ok2talk.org/>

The **National Alliance for Mental Illness** has information on how to get help or how to help a friend. You'll find it—and more—here: <https://www.nami.org/find-support/teens-and-young-adults>

Here's how to reach NAMI:

- ◆ Text NAMI to 741741
- ◆ Call the NAMI hotline at 800-950-NAMI
- ◆ Email at info@nami.org

Find more information on how to help a friend here: <https://www.nami.org/Find-Support/Teens-Young-Adults/How-to-Help-a-Friend>

MentalHealth.gov also has resources available for you. You can find them here: <https://www.mentalhealth.gov/talk/young-people>

National Suicide Prevention Hotline is available anywhere in the United States. You can find it

- ◆ Online at <https://suicidepreventionlifeline.org/>
- ◆ By phone at 800.273.8255
- ◆ En Español at 888.268.9454
- ◆ For deaf & hard of hearing 800.799.4889

13ReasonsWhy.info has contact information for many different helpers, in many different countries.

Prefer to text? You can with the **Crisis Text Line**. Text “hello” to 741741 to start.

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<http://www.homewoodlibrary.org/>

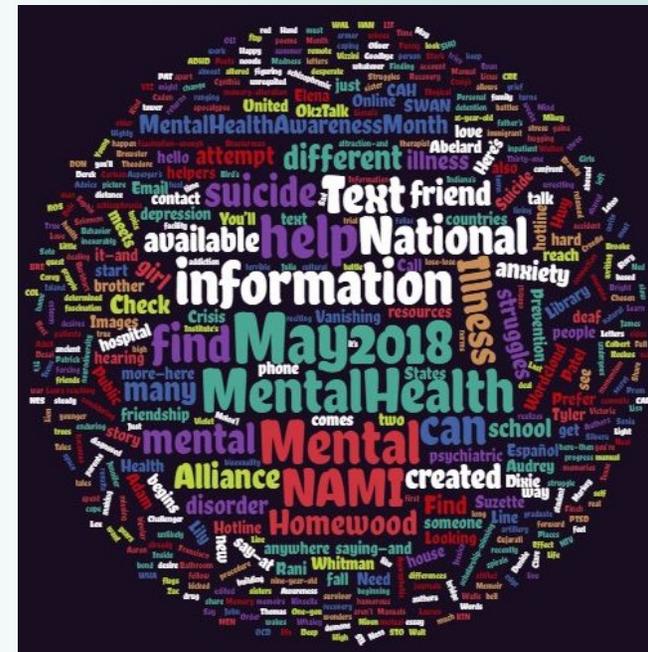
Images from SWAN

Wordcloud created with <https://www.wordclouds.com/>



May is

Mental Health Awareness Month

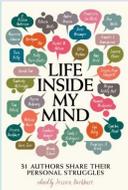


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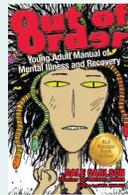
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Manuals & True Tales



Life Inside My Mind: 31 Authors Share Their Personal Struggles edited by Jessica Burkhart: Thirty-one YA authors share their own struggles with mental illness, ranging from such topics as neurodiversity and addiction to OCD and PTSD. **YA 616.89 LIF**

Out of Order: Young Adult Manual of Mental Illness and Recovery by Dale Carlson: Learn about mental illness in this manual. **YA 616.89 CAR**



Elena Vanishing: A Memoir by Elena & Clare B. Dunkle: The story of a girl whose armor against anxiety becomes artillery against herself as she battles on both sides of a lose-lose war in a struggle with anorexia. **YA 616.8526 DUN**



Mental Health Information for Teens: Find information on mental health, coping with stress, building self esteem, reaching out for help, and much more! **YA 616.89 MEN**

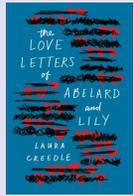


Check out some novels here—then look at the flap for true tales, memoirs, & more.



Madness by Zac Brewer: As Brooke, recently released from an inpatient facility after a suicide attempt, begins to fall for Derek, a fellow survivor, she realizes that he might not be in the same mental space as she is. **YA FIC BRE**

Little & Lion by Brandy Colbert: When Suzette returns home for the summer, she must grapple with her bisexuality and her brother Lionel's bipolar disorder when they both fall for the same girl and his disorder spirals out of control, forcing Suzette to confront her own demons. **YA FIC COL**

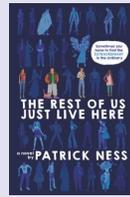


The Love Letters of Abelard and Lily by Laura Creddie: Lily, who has ADHD, and Abelard, who has Asperger's, bond in detention over their shared fascination with ancient love letters. But is their mutual attraction—and fascination—enough to bridge their differences in person? **YA FIC CRE**

The Last Time We Say Goodbye by Cynthia Hand: After her younger brother, Tyler, commits suicide, Lex struggles to work through her grief as her family falls apart, her friends distance themselves from her, and her memories of Tyler feel all too real. **YA FIC HAN**



Finding Audrey by Sophie Kinsella: Audrey is making slow but steady progress dealing with her anxiety disorder when Linus comes into the picture and her recovery gains momentum. **YA FIC KIN**



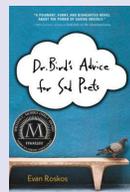
The Rest of Us Just Live Here by Patrick Ness: What if you *aren't* the Chosen One—you just happen to go to his high school? If you're like Mikey, you just want to go to Prom and graduate, but you'll have to deal with whatever apocalypse comes your way, too. **YA FIC NES**

All the Bright Places by Jennifer Niven: When Theodore Finch and Violet Markey meet on the edge of a bell tower at school, it's the beginning of an unlikely friendship, a quest to see all Indiana's natural wonders, and two teens' desperate desires to heal each other. **YA FIC NIV**



Vanishing Girls by Lauren Oliver: The story of two sisters inexorably altered by a terrible accident, a missing nine-year-old girl, and the connection between them. **YA FIC OLI**

Rani Patel in Full Effect by Sonia Patel: When Rani, almost 17, living on remote Moloa'i Island, and stifled by the cultural norms of her Gujarati immigrant parents, meets an older man, red flags abound. **YA FIC PAT**



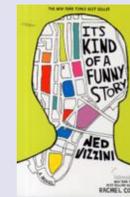
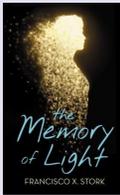
Dr. Bird's Advice for Sad Poets by Evan Roskos: James Whitman, 16 and wrestling with depression and anxiety, tries to cope by writing poems, reciting Walt Whitman, hugging trees, and figuring out why his sister has been kicked out of the house. **YA FIC ROS**

Challenger Deep by Neal Shusterman: High school student Caden struggles with schizophrenia. **YA FIC SHU**



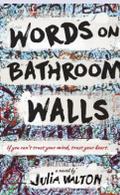
More Happy Than Not by Adam Silvera: After enduring his father's suicide, his own suicide attempt, and more, Aaron Soto, 16, is already considering the Leteo Institute's memory-alteration procedure when his new friendship with Thomas turns to unrequited love. **YA FIC SIL**

The Memory of Light by Francisco X. Stork: At first, when Victoria wakes up in the psychiatric ward of a Texas hospital after a suicide attempt, she has no desire to live. But as the weeks go on, and she meets Dr. Desai and other patients, she begins to see a way forward. **YA FIC STO**



It's Kind of a Funny Story by Ned Vizzini: The humorous account of Craig's battle with depression and his time spent in a psychiatric hospital. **YA FIC VIZ**

Words on Bathroom Walls by Julia Walton: Adam, a diagnosed schizophrenic, journals to his therapist about his life as he undergoes a new drug trial for the mental illness that allows him to keep his secret for only so long. **YA FIC WAL**



Highly Illogical Behavior by John Corey Whaley: Agoraphobic 16-year-old Solomon has not left his house in three years, but Lisa is determined to change that—and to write a scholarship-winning essay based on the results. **YA FIC WHA**

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