

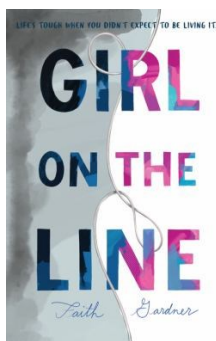
Teen Mental Health Fiction

[Girl on the Line](#)

by Faith Gardner

Life's tough when you didn't expect to be living it. But now that Journey has a future, she apparently also has to figure out what that future's supposed to look like. Some days the pain feels as fresh as that day: the day she attempted suicide.

TEEN GAR 2022



[We Are All So Good At Smiling](#)

by Amber McBride

When hospitalized for her clinical depression, Whimsy connects with a boy named Faery, who also suffers from the traumatic loss of a sibling, and together they work to unearth buried memories and battle the fantastical physical embodiment of their depression.

TEEN MCB 2023



[Briarcliff Prep](#)

By Brianna Peppins

Avi LeBeau juggles navigating her first year at a Historically Black Boarding School with the revelation that her older sister Belle is in an abusive romantic relationship.

TEEN PEP 2022



[Friday I'm In Love](#)

by Camryn Garrett

After not being able to have a sweet sixteen party, Mahalia decides to throw a coming out party to celebrate love and herself.

TEEN GAR 2023



[What's Coming to Me](#)

by Francesca Padilla

After the ice cream stand where she works is robbed, seventeen-year-old Minerva Gutiérrez plans to get revenge on her predatory boss while navigating grief, anger, and dreams of escape from her dead-end hometown.

TEEN PAD 2022



[6 Times We Almost Kissed](#)

by Tess Sharpe

Penny and Tate have often clashed, despite their mothers' epic friendship; but now that they are living in the same house, beset by medical crises and Penny's problems dealing with the trauma of her father's death, they have to come to terms with their true feelings for each other.

TEEN SHA 2023

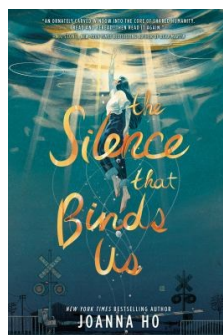


[The Silence That Binds Us](#)

by Joanna Ho

In the year following their son's death, May Chen's parents face racist accusations of putting too much pressure on their son and causing his death by suicide, and May attempts to challenge the racism and ugly stereotypes through her writing, only to realize that she still has a lot to learn and that her actions have consequences for her family as well as herself.

TEEN HO 2022

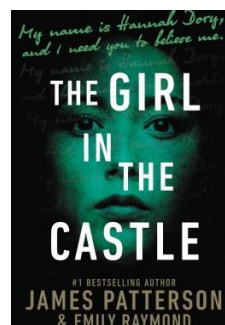


[The Girl in the Castle](#)

by James Patterson

Eighteen-year-old Hannah experiences danger in the past and present, as college intern Jordan tries to uncover the truth about Hannah and her memories.

TEEN PAT 2022



[The Words We Keep](#)

by Erin Stewart

When sixteen-year-old Lily Larkin's older sister, Alice, begins to struggle with her mental health, Lily attempts to keep everything together and perfect, despite her own growing anxiety.

TEEN STE 2022



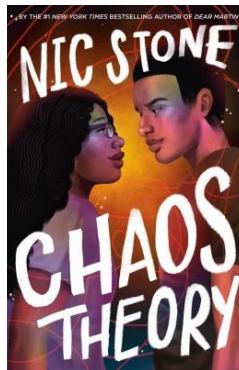
Teen Mental Health Fiction:

[Chaos Theory](#)

by Nic Stone

The #1 New York Times bestselling author of Dear Martin delivers a gripping romance about two teens: a certified genius living with a diagnosed mental disorder and a politician's son who is running from his own addiction and grief. Don't miss this gut punch of a novel about mental health, loss, and discovering you are worthy of love.

TEEN STO 2023

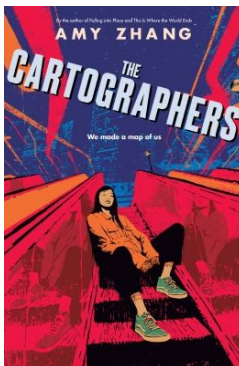


[The Cartographers](#)

by Amy Zhang

Seventeen-year-old Ocean Wu moves to New York City to start college, but she defers her enrollment, keeping it a secret from her immigrant mother, and instead uses the time to deal with her ambivalence about her place in the world. TEEN GRAPHIC

NOVEL ZHA 2023



[Goth Girl, Queen of the Universe](#)

by Lindsay Zrull

In a scheme to reunite with her estranged biological mother, foster kid Jess reunites with her cosplay team working toward a competition in New York, but along the way she learns the value of the family you choose for yourself.

TEEN ZRU 2022



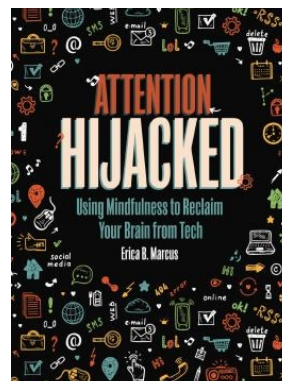
Teen Mental Health Nonfiction:

[Attention Hijacked: Using Mindfulness to Reclaim Your Brain From Tech](#)

by Erica B. Marcus

But for years, scientists have warned that too much screen time may have negative effects on our health. With portable devices and remote learning, it is even more difficult to put down electronics. Being intentional about how and when to unplug can help teens and young adults to protect their physical and mental wellbeing in a world where screens and technology are increasingly becoming necessities rather than just conveniences.

TEEN 153.733 MAR 2022



LIBRARY LOCATIONS

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7711 Kerber Blvd.
952-227-1500

Chaska

3 City Hall Plaza
952-448-3886

Norwood Young America

314 Elm St.
952-467-2665

Victoria

1670 Stieger Lake Lane
952-442-3050

Waconia

217 S. Vine St.
952-442-4714

Watertown

309 Lewis Ave. SW
952-955-2939



SUGGESTIONS FOR TEENS

Books not only help us understand but can often help us talk about difficult topics. Here are some books to read to help you start a conversation and #breakthestigma.

If you or someone you know struggles with their mental health, please seek help.



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