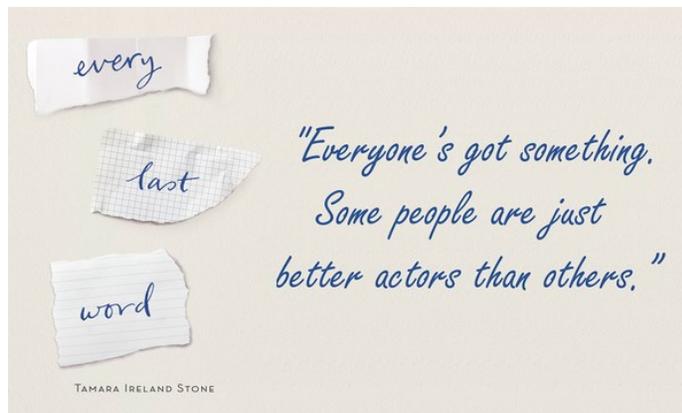


**Say What You Will** by Cammi McGovern. Born with cerebral palsy, Amy can't walk without a walker, talk without a voice box, or even fully control her facial expressions. Plagued by obsessive-compulsive disorder, Matthew is consumed with repeated thoughts, neurotic rituals, and crippling fear. Both in desperate need of someone to help them reach out to the world, Amy and Matthew are more alike than either ever realized. YA- MCG

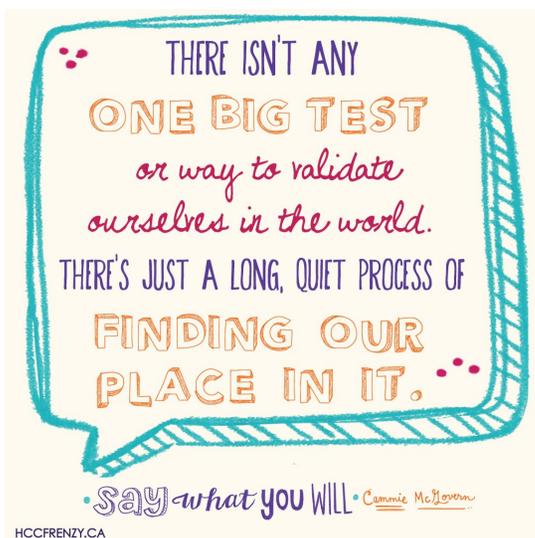
**Will Grayson, Will Grayson** by John Green and David Levithan. One cold night, in a most unlikely corner of Chicago, Will Grayson crosses paths with . . . Will Grayson. Two teens with the same name, running in two very different circles, suddenly find their lives going in new and unexpected directions, and culminating in epic turns-of-heart and the most fabulous musical ever to grace the high school stage. YA-GRE



## Young Adult Books Dealing with Mental Health

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Novels with characters that struggle with anxiety, depression, OCD, and bipolar disorder. These books will make you cry, laugh, and see the meaning in life.



Russell Library

Teen Department

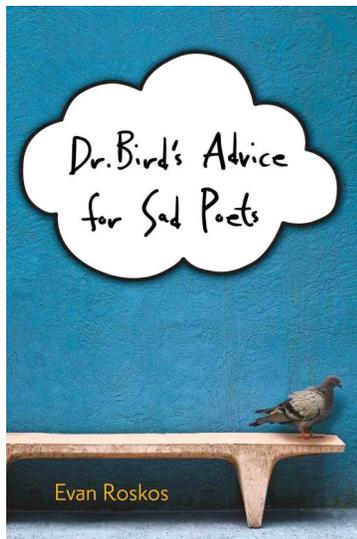
123 Broad Street

Middletown , CT, 06457

860-347-2528

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**Dr. Bird's Advice for Sad Poets** by Evan Roskos. Sixteen-year-old James Whitman has been yawping (à la Whitman) at his abusive father ever since he kicked his older sister out of the house. James's painful struggle with anxiety and depression—along with his ongoing quest to understand what led to his sister's exile—make for a heart-rending read, but his wild, exuberant Whitmanization of the world and keen sense of humor keep this emotionally charged novel buoyant. YA-ROS

**Every Last Word** by Tamara Ireland Stone. Samantha McAllister looks just like the rest of the popular girls in her junior class. But hidden beneath the straightened hair and expertly applied makeup is a secret that her friends would never understand: Sam has Purely-Obsessional OCD and is consumed by a stream of dark thoughts and worries that she can't turn off. YA-STO

**Fig** by Sarah Elizabeth Schantz. Spanning the course of Fig's childhood from age six to nineteen, this deeply provocative novel is more than a portrait of a mother, a daughter, and the struggle that comes with all-consuming love. It is an acutely honest and often painful portrayal of life with mental illness and the lengths to which a young woman must go to handle the ordeals—real or imaginary—thrown her way. YA-SCH

**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. YA-KIN

**It's Kind of a Funny Story** by Ned Vizzini. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away. The stress becomes unbearable and Craig stops eating and sleeping—until, one night, he nearly kills himself. YA-VIN

**The Nature of Jade** by Deb Caletti. Jade DeLuna is too young to die. She knows this, and yet she can't quite believe it, especially when the terrifying thoughts, loss of breath, and dizzy feelings come. Since being diagnosed with Panic Disorder, she's trying her best to stay calm, and visiting the elephants at the nearby zoo seems to help. That's why Jade keeps the live zoo webcam on in her room, and that's where she first sees the boy in the red jacket. A boy who stops to watch the elephants. A boy carrying a baby. YA-CAL

**Made You Up** by Francesca Zappia. Reality, it turns out, is often not what you perceive it to be—sometimes, there really is someone out to get you. *Made You Up* tells the story of Alex, a high school senior unable to tell the difference between real life and delusion. YA-ZAP

