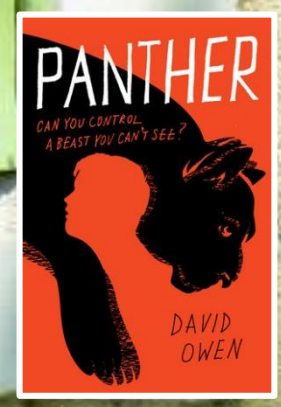
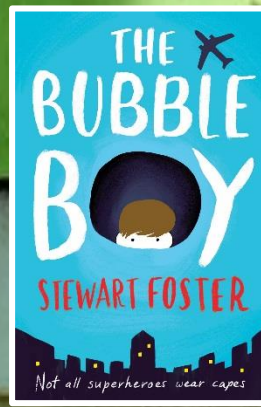
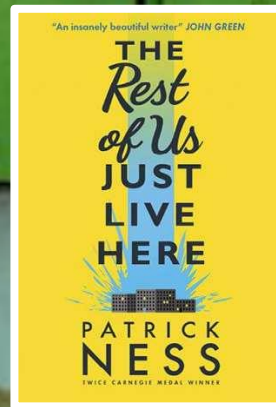
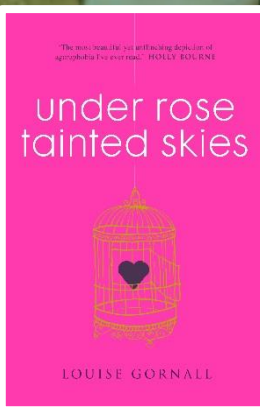
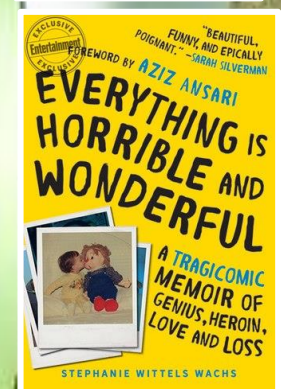
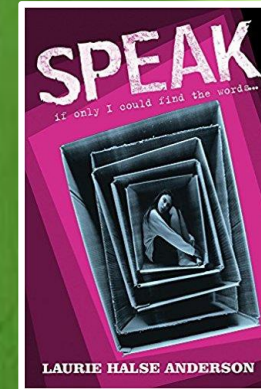
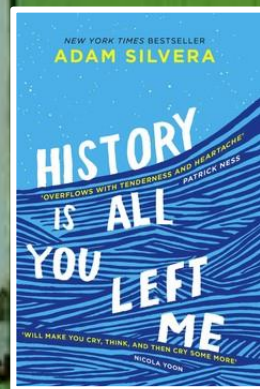
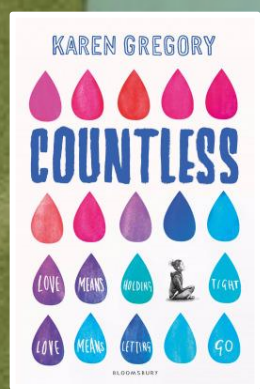
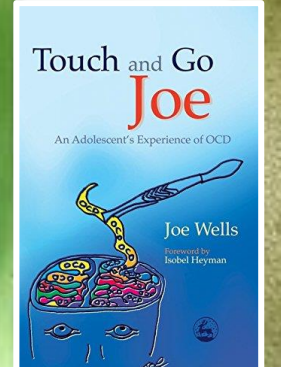
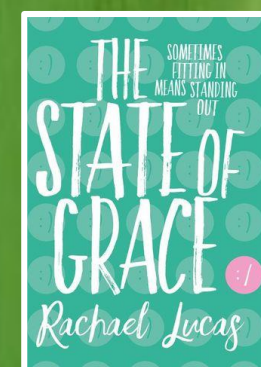
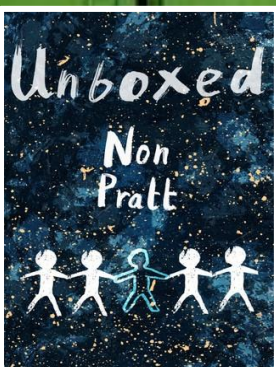
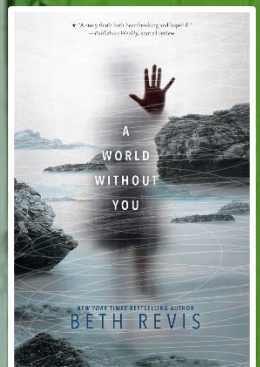
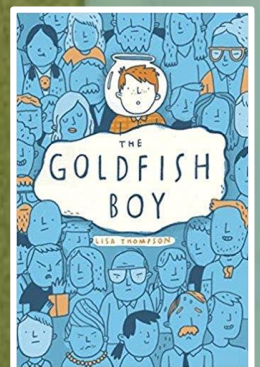
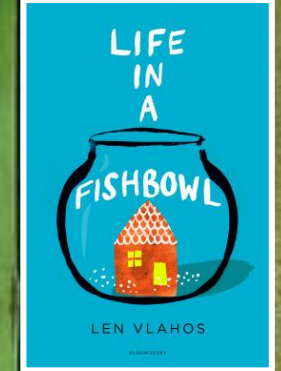
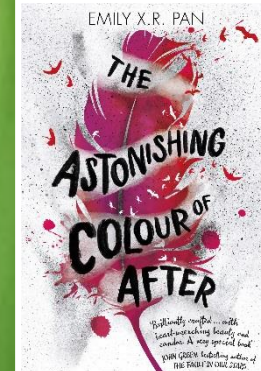
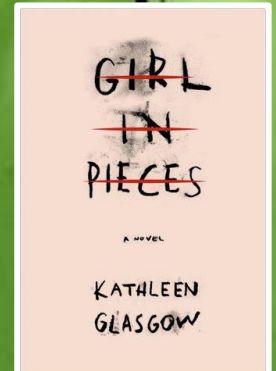
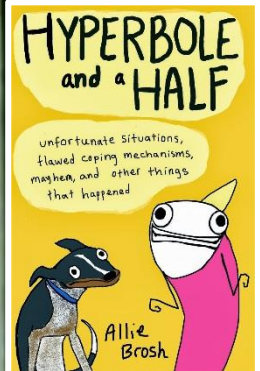
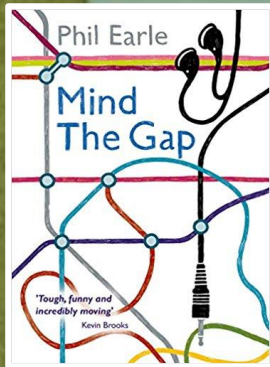
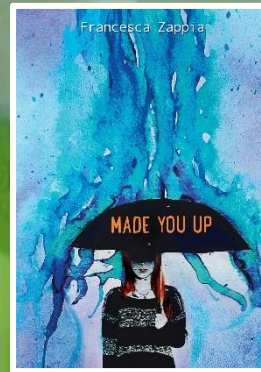
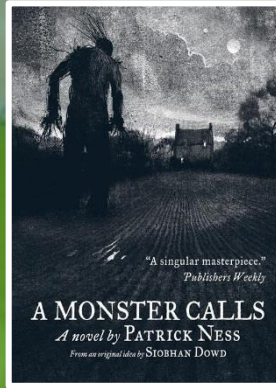
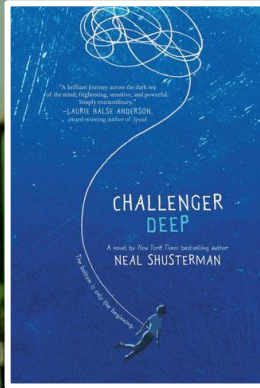
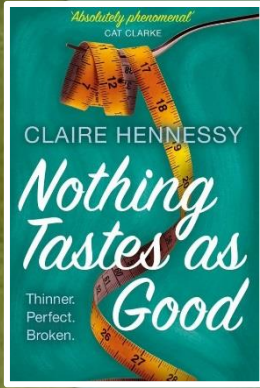


# More Mental Health



Book Title & Author	Description	Recommended Reading Age
Nothing Tastes As Good – Claire Hennessy	Annabel strived to be thin and now she is dead. And she has been assigned as Julia's ghostly helper. Julia's problem seems pretty obvious to Annabel. Fat = problem = unhappy. Sorted. The only trouble is that whatever is causing Julia to overeat is hidden deep within her.	12+
Challenger Deep – Neal Shusterman	Caden Bosch is torn between a world in which he is on a space ship, and the world in which he is a high school student. To Caden both of these worlds are real. This book shows the struggle of a young boy living with schizophrenia.	13+
A Monster Calls – Patrick Ness	Conor is struggling to understand his feelings. His mother is dying, and his family are not able to discuss this with him. Conor's confusion, worry and anxiety are starting to make his nightmares real.	12+
Made You Up – Francesca Zappia	Alex fights a daily battle to figure out what is real and what is not. Armed with an attitude, her camera, a Magic 8 Ball, and her little sister, Alex wages a war against her schizophrenia, determined to stay sane long enough to get into college.	13+
Every Last Word – Tamara Ireland Stone	Samantha is dealing with purely obsessional OCD and keeping it at bay enough to stay in the cool squad at her high school. Samantha turns to poetry to protect herself against a stream of dark thoughts and worries that she can't turn off.	14+
Mind the Gap – Phil Earle	When Mikey's dad died, something in Mikey died too. Now there's just numbness and forgetting. Mikey's best mate sets out to give Mikey the memories back and to rescue him from his grief.	11+
Hyperbole and a Half – Allie Brosh	Hyperbole and A Half was based on Allie Brosh's blog, where she tells fantastically funny stories about her childhood, everyday life, and darkly comic account of her struggles with depression.	14+
Girl In Pieces – Kathleen Glasgow	Charlie is in pieces. She's already lost more than most people lose in a lifetime. But she's learned how to forget it through cutting; the pain washes out the sorrow until there is nothing but calm.	14+
The Astonishing Colour of After – Emily X.R Pan	Leigh is 16 when her mother commits suicide. Overwhelmed by grief, Leigh retreats into her art and into her memories, where colours collide and the rules of reality are broken.	12+

Life in a Fishbowl – Len Vlahos	Jackie's life was normal until her dad was diagnosed with terminal cancer. To pay for his medical bills he signs up for a reality TV show. Now Jackie's life spirals out of control for all to see.	13+
The Goldfish Boy – Lisa Thompson	Matthew is trapped in his bedroom by OCD, spending his time staring out of his window. Until the day he is the last person to see his neighbour go missing. Matthew must turn detective and unravel the mystery of Teddy's disappearance.	11+
A World Without You – Beth Revis	Bo has always had delusions that he can travel through time. So when his parents send him to a school for troubled youth, Bo assumes that he's actually attending a school for kids who have superpowers.	12+
Unboxed – Non Pratt	Four friends meet up at their old school to open the memory box they had buried, because their friend Millie has died. When they open the box they find a new letter from Millie.	13+
The State of Grace – Rachel Lucas	Grace is autistic and has her own way of looking at the world. She's got a horse and a best friend, and that's pretty much all she needs. But when Grace kisses Gabe and things start to change at home, the world doesn't make much sense to her any more	13+
Touch and Go Joe – Joe Wells	As many as 2 in every 100 people suffer from OCD, and 16-year-old Joe is one of them. He tells of its beginnings at age 9 and increasingly intrusive symptoms, to diagnosis at age 12.	12+
Countless – Karen Gregory	When Hedda discovers she is pregnant, she doesn't believe she could ever look after a baby. She is young and still in the grip of an eating disorder. But she decides she and her eating disorder will call a truce, just until the baby is born.	13+
History is All You Left Me – Adam Silvera	Griffin has lost his first love in a drowning accident. Theo was his best friend, his ex-boyfriend and the one he believed he would end up with. Now reeling from grief and worsening OCD, Griffin turns to an unexpected person for help. Theo's new boyfriend.	15+
Wild Song – Janis Mackay	Thirteen-year-old Niilo's unruly behaviour means his parents sent him to Wild School, a young offender's unit on an island. Angry at first, eventually he comes to enjoy being there and builds a close relationship Hannu, who helps him face his demons and overcome his fear of water.	11+

Speak – Laurie Halse Anderson	She busted an end-of-summer party by calling the cops. Now her old friends won't talk to her. No one knows why she called the police, and she can't get out the words to explain. So she retreats into her head, determined not to think about it. But, try as she might, it just won't go away...	14+
Everything is Horrible and Wonderful – Stephanie Wittels Wachs	One phone call. That's all it took to change Stephanie's life forever. Her younger brother Harris, a star in the comedy Parks and Recreation, had died of a heroin overdose. How do you make sense of such a tragic end to a life of so much hilarious brilliance?	16+
Under Rose Tainted Skies – Louise Gornall	Agoraphobia confines Norah to the house she shares with her mother. But a chance encounter on the doorstep changes everything: Luke, her new neighbour. Norah is determined to be the girl she thinks Luke deserves: a 'normal' girl. Instead, her bravery opens a window to unexpected truths.	12+
The Reason I Jump - Naoki Higashida	Written by Naoki when he was only thirteen, this book provides insight into his experience of autism. Using a question and answer format, Naoki explains things like why he talks loudly or repeats the same questions, what causes him to have panic attacks, and why he likes to jump.	11+
The Rest of Us Live Here – Patrick Ness	What if you weren't the Chosen One? The one who's supposed to fight the zombies, or whatever? What if you were like Mikey? Who just wants to graduate and go to prom? Because sometimes there are problems bigger than this week's end of the world and sometimes you just have to find the extraordinary in your ordinary life.	14+
The Bubble Boy – Stewart Foster	Joe can't remember a life outside of hospital. His condition means he's not allowed outside, and his few visitors risk bringing life-threatening germs inside his 'bubble'. But then someone new enters his world and changes it for ever.	11+
Panther – David Owen	Life isn't going terribly well for Derrick; he's become severely overweight, his only friend has turned on him, he's hopelessly in love with a girl way out of his league, and it's all because of his sister. Her depression, and its grip on his family, is tearing his life apart.	12+