Teen Mental Health and Wellness Booklist

Click any title to reserve it at Columbus Metropolitan Library.

Nonfiction

The suggested titles here are to help you learn about different mental health and wellness topics – from workbooks to cookbooks!

**Are u ok?: A Guide to Caring for Your Mental Health** by Kati Morton

**Cooking Step by Step (2018)**

**Depression: A Teen's Guide to Survive and Thrive** by Jacqueline Toner

**(Don't) Call Me Crazy** by Kelly Jensen

**Hope Nation: YA Authors Share Personal Moments of Inspiration**

**It's All Absolutely Fine: Life Is Complicated So I've Drawn It Instead** by Ruby Elliot

**Mindfulness and Meditation: Handling Life with a Calm and Focused Mind**
by Whitney Stewart

**Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else** by Christopher Willard

**My Anxiety Handbook: Getting Back on Track** by Sue Knowles

**Sitting Still Like A Frog: Mindfulness Exercises for Kids (and Their Parents)** by Eline Snel

**Superhero Therapy: Mindfulness Skills to Help Teens & Young Adults Deal With Anxiety, Depression, & Trauma** by Janina Scarlet

**Teen Cuisine New Vegetarian** by Matthew Locrichio

**The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, & Panic** by Jennifer Shannon

**The Complete Cookbook for Teens: 120+ Recipes to Level up your Kitchen Game** by Julee Morrison

**The Healthy Teen Cookbook: Around the World in 80 Fantastic Recipes** by Remmi Smith

**The Shyness & Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence** by Jennifer Shannon

**The Smart Girl's Guide to Going Vegetarian: How to Look Great, Feel Fabulous, and Be A Better You** by Rachel Meltzer Warren

**The Teenager's Guide to Life, the Universe, and Being Awesome** by Andy Cope

**The Young Adult's Guide to Meditation: Easy Techniques That Reduce Stress and Relieve Anger, Anxiety & Depression**

**Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches** by Rae Earl
Fiction

The suggested titles below explore narratives about different mental health and life experiences.

*A Breath Too Late* by Rocky Callen

*Black Boy White School* by Brian Walker

*Black Girl Unlimited: The Remarkable Story of a Teenage Wizard* by Echo Brown

*Color Outside the Lines: Stories About Love*

*Dancing at the Pity Party* by Tyler Feder

*Darius the Great Is Not Okay* by Adib Khorram

*Dear Martin* by Nic Stone

*Gabi, A Girl in Pieces* by Isabel Quintero

*Girl in Pieces* by Kathleen Glasgow

*Highly Illogical Behavior* by John Corey Whaley

*History is All You Left Me* by Adam Silvera

*Home Home* by Lisa Allen-Agostini

*Juliet Takes a Breath* by Gabby Rivera

*Little & Lion* by Brandy Colbert

*The Art of Starving* by Sam J Miller

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

*The Beauty That Remains* by Ashley Woodfolk

*The Hate U Give* by Angie Thomas

*The New David Espinoza* by Fred Aceves

*The Poet X* by Elizabeth Acevedo

*The Upside of Unrequited* by Becky Albertalli

*The Voice in My Head* by Dana L. Davis

*The Weight of Our Sky* by Hanna Alkaf

*Turtles All the Way Down* by John Green

*When You Look Like Us* by Pamela Harris

*Who Put This Song On?* by Morgan Parker

*Words on Bathroom Walls* by Julia Walton