

# 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 Locricchio

[\*\*\*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