Tough Topics:

Mental Health in YA Fiction



THE WEIGHT OF OUR SKY

by Hanna Alkaf "Amidst the Chinese-Malay conflict in Kuala Lumpur in 1969, sixteen-year-old Melati must overcome prejudice, violence, and her own OCD to find her way back to her mother"

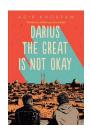


HOW IT FEELS TO FLOAT

by Helena Fox

A deeply hopeful novel about love, loss and living with intergenerational mental illness follows the experiences of a teen who manages to just get by while hiding her father's deteriorating condition and exploring first romantic encounters, before an unavoidable

event threatens to unravel her world.



DARIUS THE GREAT IS NOT OKAY

by Adib Khorram Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life



STARFISH

by Akemi Dawn Bowman A half-Japanese teen grapples with social anxiety and a narcissistic mother in the wake of a crushing rejection from art school before accepting an invitation to tour other art schools on the West Coast



WE ARE OKAY : A NOVEL by Nina LaCour

"After picking up and leaving everything behind in California, eighteen-year-old Marin, with the help of her former friend, must confront her grief and the truths that caused her to flee her home"



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ALL THE BRIGHT PLACES

by Jennifer Niven Meeting on the ledge of their school's bell tower, misfit Theodore Finch and suicidal Violet Markey find acceptance and healing that are overshadowed by Finch's fears about Violet's growing social world



GENESIS BEGINS AGAIN

by Alicia Williams A 13-year-old girl who is so oppressed by low self-esteem that she keeps a list of the things she hates about herself must overcome internalized racism and a verbally abusive family to learn to love herself.

Additional Titles

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