

[The Shape of Thunder](#)

By Jasmine Warga

J Fic Warga

Cora hasn't spoken to her best friend, Quinn, in a year. Cora is still grappling with the death of her beloved sister in a school shooting, and Quinn is carrying the guilt of what her brother did. Quinn has decided that the only way to fix things is to go back in time to the moment before her brother changed all their lives forever-- and stop him.

[Before the Ever After](#)

By Jacqueline Woodson

J Fic Woodson

ZJ's friends Ollie, Darry and Daniel help him cope when his father, a beloved professional football player, suffers severe headaches and memory loss that spell the end of his career.

[Buzzing](#)

By Samuel Sattin

J Graphic Buzzing

Isaac is a shy boy with OCD, but one day at school he meets new friends who introduce him to role-playing games, which lead him on a journey of self-discovery and growth.

[Living with Viola](#)

By Rosena Fung

J Graphic Fung

Livy is already having trouble fitting in as the new girl at school—and then there's Viola. Viola is Livy's anxiety brought to life, a shadowy twin that only Livy can see or hear. Only when Livy learns to ask for help and face her anxiety does she finally figure out living with Viola.

[Growing Pangs](#)

By Kathryn Ormsbee

J Graphic Growing

Eleven-year-old Katie experiences the ups and downs of growing up, from bad haircuts and friendship breakups to new experiences, new friends, and a new understanding of her OCD.

[A Mind Like Mine](#)

By Rachael Davis

J Biograph

Meet 21 incredible figures with a variety of mental health conditions from throughout history right up to the present day.

[Believing in Me](#)

By Poppy O'Neill

J Life Issues

Grow your self-esteem with the help of Bop, a friendly and supportive character as you complete activities all about you and your confidence.

[Living the Confidence Code](#)

By Katty Kay

J Life Issues

The best way to understand confidence and learn how to harness its secret powers is to see it in action for yourself. So take a look at these 30 stories of real girls.

[A Smart Girl's Guide](#)

J Life Issues

A series of books that tackle lots of life issues, including worry, liking yourself, money, friendship, race, tough stuff, drama, body image, middle school and more.

[Calm: Mindfulness for Kids](#)

By Wynne Kinder

J Science Body

Learn to focus your thoughts and pay attention, with care, to one moment at a time, through activities including breathing exercises, moving the body to unwind stress, and taking a walk in the woods.

[Calm Girl: Yoga for Stress Relief](#)

By Rebecca Rissman

J Science Body

Having a hard time finding your inner Calm Girl? Set the stress aside with relaxing yoga stretches and holds. In no time you'll find a soothing escape to relax, stay calm, and get in shape all at once.

[Where to Start: A Survival Guide](#)

Teen Life Issues

Mental Health America provides clear, honest, jargon-free information for anyone struggling emotionally and looking for help.

LET'S TALK ABOUT...
MENTAL & EMOTIONAL
HEALTH



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[The Line Tender](#)

By Kate Allen

J Fic Allen

Following a tragedy that further alters the course of her life, 12-year-old Lucy decides to continue the research her marine biologist mother left unfinished when she died years earlier.

[Iveliz Explains it All](#)

By Andrea Beatriz Arango

J Fic Arango

Twelve-year-old Iveliz is trying to manage her mental health and advocate for help, but in the meantime her new friend calls her crazy and her abuela Mimi dismisses the therapy and medicine Iveliz needs to feel like herself.

[The Canyon's Edge](#)

By Dusti Bowling

J Fic Bowling

A year after the death of her mother in a restaurant shooting, Nora is left struggling to stay alive when a climbing trip with her father goes terribly wrong.

[Moonflower](#)

By Kacen Callender

J Fic Callende

Moon's depression is overwhelming. Therapy doesn't help, and moon is afraid that their mother hates them because they are sad. Moon's only escape is traveling to the spirit realms, where they hope to stay forever.

[Rain Rising](#)

By Courtne Comrie

J Fic Comrie

Thirteen-year-old Rain, who struggles with low self-esteem, must overcome sadness after her older brother Xander is severely beaten up at a frat party, but through the help of an after-school circle group, Rain finds the courage to help herself and her family heal.

[The Truth as Told by Mason Buttle](#)

By Leslie Connor

J Fic Connor

As he grieves his best friend Benny's death, Mason and his friend Calvin, who are targeted by the neighborhood bullies, create an underground haven for themselves, but when Calvin goes missing Mason finds himself in trouble.

[Hazard](#)

By Frances O'Roark Dowell

J Fic Dowell

A kid filled with rage, suspended from the football team for unsportsmanlike conduct, and his father, newly home from the war in Afghanistan, reckon with the injuries they've caused other and themselves.

[Mockingbird](#)

By Kathryn Erskine

J Fic Erskine

Ten-year-old Caitlin, who has Asperger's Syndrome, struggles to understand emotions, show empathy, and make friends at school, while at home she seeks closure about her brother's death by working on a project with her father.

[Extraordinary](#)

By Miriam Spitzer Franklin

J Fic Franklin

Pansy often backed out of things her best friend, Anna, wanted to do, but after Anna contracted meningitis and became disabled, Pansy will do anything to become extraordinary in case a surgery can return Anna to her old self.

[The Einsteins of Vista Point](#)

By Ben Guterson

J Fic Guterson

Eager for a fresh start following the death of his younger sister, Zack and the grieving Einstein family moves to the remote town of Vista Point to renovate an old house and turn it into a bed-and-breakfast.

[The Science of Breakable Things](#)

By Tae Keller

J Fic Keller

Natalie's year-long assignment to answer a question using the scientific process leads to truths about her mother's depression and her own cultural identity.

[In the Key of Us](#)

By Mariama Lockington

J Fic Lockingt

While 12-year-old Andi has suffered from anxiety attacks since her mother died 10 months ago, Zora starts hurting herself whenever she feels out of control. They are both at an elite summer music camp trying to deal with their problems and the stress of competition.

[The Miscalculations of Lightning Girl](#)

By Stacy McAnulty

J Fic McAnulty

A lightning strike made Lucy a math genius but, after years of homeschooling, her grandmother enrolls her in middle school and she learns that life is more than numbers.

[The One Who Loves You the Most](#)

By Medina

J Fic Medina

Searching for their place in this world, 12-year-old Gabriela, who is dealing with depression and identity, finds the new year brings them trans and queer friends and a YouTube channel that helps them find purpose in their journey.

[How to Become a Planet](#)

By Nicole Melleby

J Fic Melleby

After a summer trying to figure out how to go back to before her depression and anxiety diagnosis, 12-year-old Pluto finds out, with the help of a new tutor and a new friend, that there is no old or new Pluto, there's just Pluto, growing up.

[The True History of Lyndie B. Hawkins](#)

By Gail Shepherd

J Fic Shepherd

When Lyndie and her parents must move to her grandparents' home in small-town Tennessee in 1985, she learns all about having to keep all the family problems private, especially the ones about Lyndie's dad and the Vietnam War.

[Counting By 7s](#)

By Holly Goldberg Sloan

J Fic Sloan

Twelve-year-old genius and outside Willow Change must figure out how to connect with other people and find a surrogate family for herself after her parents are killed in a car accident.

[Luna Howls at the Moon](#)

By Kristin O'Donnell Tubb

J Fic Tubb

Luna has always wanted to be a therapy dog, and how she's a whisker away from it becoming official. And Luna knows that her clients each have different needs; Beatrice is tangled in knots of anger, Caleb rushes like a waterfall, and Amelia carries fear heavy like a shadow.