

Mental Illness

This list will primarily focus on fiction related to depression/anxiety, but other mental illnesses – such as Schizophrenia, PTSD, phobias, etc. will also be covered. Some non-fiction resources addressing these topics are also listed at the end.

Depression/Anxiety:

- [Someday, somewhere](#) – Y CHA
- [It's kind of a funny story](#) – Y VIZ
- [The history of Jane Doe](#) – Y BEL
- [Definitions of indefinable things](#) – Y TAY
- [Fans of the impossible life](#) – Y SCE
- [Some kind of happiness](#) – J LEG (children's section)
- [What happens now](#) – Y CAS
- [What I leave behind](#) – Y MCG
- [The astonishing color of after](#) – Y PAN
- [Any second](#) – Y EME
- [Everything all at once](#) – Y LEN
- [How it feels to fly](#) – Y HOL
- [Chick: Lister](#) – Y VAN
- [Baby & Solo](#) – Y POS
- [Mis\(h\)adra](#) – Y ATA (graphic novel)
- [Emotions explained with buff dudes](#) – Y TSY (graphic novel)
- [Big mushy happy lump : a "Sarah's Scribbles" collection](#) – Y AND (graphic novel)

Self-Harm:

- [Girl in pieces](#) – Y GLA
- [Scars](#) – Y RAI
- [Cut](#) – Y MCC

Addiction:

- [The temptation of Adam](#) – Y CON
- [Go ask Alice](#) – Y ANO
- [Wild bird](#) – Y VAN
- [Crank](#) – Y HOP
- [The New David Espinoza](#) – Y ACE
- [Other broken things](#) – Y DES
- [Brave enough](#) – Y GAR

- [This is the part where you laugh](#) – Y HOF
- [Out of reach](#) – Y ARC
- [Recovery Road](#) – Y NEL
- [The boy most likely to](#) – Y FIT
- [Clean](#) – Y REE

Schizophrenia:

- [The place between breaths](#) – Y AN
- [Words on bathroom walls](#) – Y WAL
- [Challenger deep](#) – Y SHU
- [Your voice is all I hear](#) – Y SHC
- [Schizo](#) – Y SHE
- [Before my eyes](#) – Y BOC

PTSD:

- [Price of duty](#) – Y STR
- [The impossible knife of memory](#) – Y AND
- [Anything but okay](#) – Y LIT
- [American road trip](#) – Y FLO
- [We are all that's left](#) – Y ARC
- [Grendel's guide to love and war](#) – Y KAP

OCD:

- [History is all you left me](#) – Y SIL
- [List of Ten](#) – Y GOM
- [Turtles all the way down](#) – Y GRE
- [OCDaniel](#) – Y KIN
- [The unlikely hero of room 13B](#) – Y TOT
- [Every last word](#) – Y STO

Phobias:

- [Under rose-tainted skies](#) – Y GOR
- [American panda](#) – Y CHA
- [A semi-definitive list of worst nightmares](#) – Y SUT
- [Dark Eden](#) – Y CAR
- [Alice and the fly](#) – Y RIC
- [Highly illogical behavior](#) – Y WHA
- [R.I.P. Eliza Hart](#) – Y SHE

Non-fiction:

- [Teens talk about anxiety and depression](#) – Y 616.85 TEE
- [Life inside my mind : 31 authors share their personal struggles](#) – Y 616.89 LIF

- [Self-injury](#) – 616.8582 ALL (adult section)
- [Comes the darkness, comes the light : a memoir of cutting, healing, and hope](#) – 616.8582 VEG (adult section)
- [The everything health guide to schizophrenia : the latest information on treatment, medication, and coping strategies](#) – 616 .8982 HAY (adult section)
- [Light filters in : poems](#) – Y 811.6 KAU
- [Coping with fears and phobias](#) – 152.4 MAN (adult section)
- [High : everything you want to know about drugs, alcohol, and addiction](#) – 616.86 SHE (adult section)
- [Teens talk about drugs and alcohol](#) – Y 362.29 TEE
- [On the rocks: teens and alcohol](#) – Y 362.292 ARE