

Tough Topics

Don't want to ask?

Find help here.

Updated January 2025



Fiction

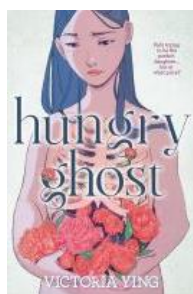


We Are All So Good at Smiling

Amber McBride

YA FIC MCBRIDE

When hospitalized for her clinical depression, Whimsy connects with a boy named Faerry, who also suffers from the traumatic loss of a sibling, and together they work to unearth buried memories and battle their depression.



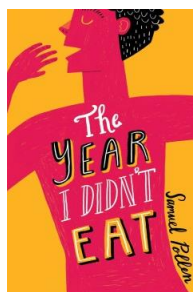
Hungry Ghost

Victoria Ying

YA GRAPHIC YING

After the sudden death of her father, Valerie reevaluates her life as she tries to find the strength to seek help for the eating disorder she's hiding.

Graphic Novel



The Year I Didn't Eat

Samuel Pollen

YA FIC POLLEN

Max records his efforts to control his anorexia in a therapist-prescribed journal that also chronicles his parents' difficult relationship.

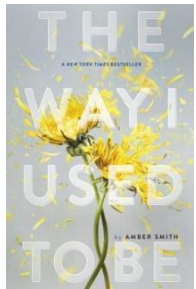


Roxy

Neal and Jarrod Shusterman

YA FIC SHUSTERMAN

Isaac and Ivy are the victims of a bet between two manufactured gods: the seductive Roxy (OxyContin), and the smart Addison (Adderall). One will land on their feet; the other will be lost.



The Way I Used to Be

Amber Smith

YA FIC SMITH

After fourteen-year-old Eden is raped by her brother's best friend, she knows she'll never be the way she used to be.



When We Had Summer

Jennifer Castle

YA FIC CASTLE

When the thirteen-year-old Summer Sisters, Daniella, Alaina, and Penelope, are about to be separated for the summer after the death of their friend Carly, they vow to complete the bucket list she wrote before she passed.



The Glass Girl

Kathleen Glasgow

YA FIC GLASGOW

When fifteen-year-old Bella's latest blackout lands her in the hospital, she enters rehab to confront her addiction to alcohol.



The Half-Orphan's Handbook

Joan Smith

YA FIC SMITH

In the three months since her father's suicide, Lila has followed an unbreakable rule: The only people who can truly hurt you are the ones you love—therefore, love no one. When Lila's mother sends her to a grief camp, it's harder for Lila to follow the rule. Facing the truth about what happened to her family while potentially making new friends finally starts to drag Lila back into life.

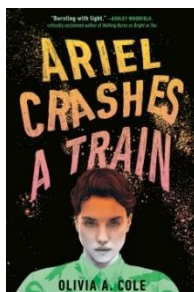


Don't Ask If I'm Okay

Jessica Kara

YA FIC KARA

A year after the tragic death of his best friend, Gage tries to move on, but the longer he ignores his grief, the more it warps from sadness into uncontrollable anger.



Ariel Crashes a Train

Olivia A. Cole

YA FIC COLE

Ariel grapples with her violent fantasies, driven by her desire to meet her parents' expectations, until a summer job at a carnival leads her to new friends who help her discover her struggle with OCD and accept her true self.

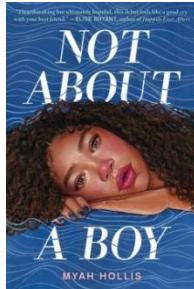


I am Not Alone

Francisco X. Stork

YA FIC STORK

When Alberto and Grace meet, they have an electric connection. But when Alberto is present at the scene of a crime, he becomes a suspect. With his developing schizophrenia, he's not even sure he believes in his innocence. Can Grace prove he's innocent to Alberto and the world?

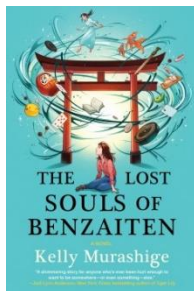


Not About a Boy

Myah Hollis

YA FIC HOLLIS

Placed with a new foster family among Manhattan's elite, 17-year-old Mel must navigate through grief and depression as the anniversary of the worst day of her life approaches, before she loses herself and those she loves.



The Lost Souls of Benzaiten

Kelly Murashige

YA FIC MURASHIGE

Rendered mute following a traumatic friendship breakup, seventeen-year-old Machi prays to a Japanese goddess to become a vacuum cleaner robot, but accidentally conjures the deity, who is determined to show Machi that life is worth living.

Nonfiction

You can find these subjects at the Winfield Library in the teen nonfiction section. If you need more information, try the same numbers in the general nonfiction section upstairs.

Addiction

YA 616.3686

Anger

YA 152.47

Anxiety

YA 152.46

Death and Grief

YA 155.937

Depression

YA 616.8527

Disordered Eating

YA 616.8526

General Self-Help

Includes: Self-esteem, self-compassion, stress

YA 155.5

YA 158.1

LGBTQIA+ Topics & Gender Identity

YA 306.76

Self-Harm

YA 616.89

Sex & Consent

YA 306.70835



Some cover images and annotations provided by Novelist.