

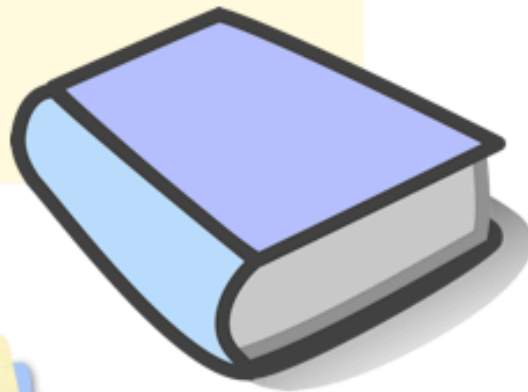
# you're not alone: an annotated bibliography

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## get involved!

in the weeks after #belletstalk day, it's important to remember that there is room to talk about mental health as a high school student in every single day. here are some recent resources to remind you that we all struggle sometimes - and you are not alone.

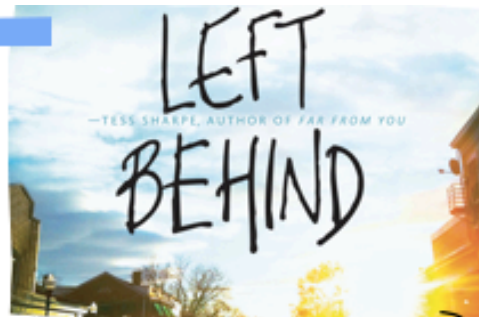
important notes: this is not comprehensive, and mental health varies per individual. ask a librarian if you need more info! trigger warnings for the descriptions include depression, anxiety, suicide, eating disorders, OCD, schizophrenia, death/grief, agoraphobia, panic attacks, LGBT+, and bipolar/mood disorders.



by Nicole Dalrymple



What We Left Behind, by Robin Talley. 2015. when couple Toni and Gretchen go to college, they assume their relationship will last - but as Toni explores her genderqueer identity and discovers a sense of belonging in a new group, they begin to grow apart.



The Rest of Us Just Live Here, by Patrick Ness. 2015. bored of realistic fiction? in a world where the supernatural exists for sure, Mikey and his family must struggle with anxiety, anorexia, navigating taking medication - and being a Chosen One.

Hyperbole and a Half [graphic novel], by Allie Brosh. 2013. after the success of her site by the same name, Allie manages to inject some comedy (and dogs!) into her stories of the intense highs and lows that come with her depression.



Thirteen Reasons Why, by Jay Asher. 2007. read or watch? do both! this book depicts a teen discovering reasons why his classmate committed suicide. the Netflix show starring Selena Gomez comes March 2017.

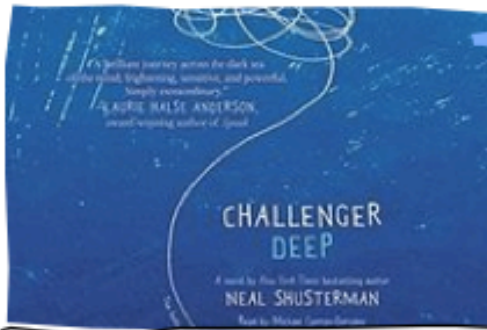
#### for your phone

have wifi? Recovery Record [app] is available for iOS or Android and helps you track your progress, make plans or talk to a real-time treatment plan. Go Ask Alice [website] [goaskalice.columbia.edu](http://goaskalice.columbia.edu) lets you check out a huge database of questions about just about every mental health concern!



by [coffeebeanworks](https://pixabay.com/en/icon-feedback-message-cloud-data-1968237/KtDMD9), available at <https://pixabay.com/en/icon-feedback-message-cloud-data-1968237/KtDMD9>

in the mood to just listen? the [DBSA Young Adult Podcast Series](http://www.dbsalliance.org/site/PageServer?pagename=peer_young_adult_podcast) [audio], [http://www.dbsalliance.org/site/PageServer?pagename=peer\\_young\\_adult\\_podcast](http://www.dbsalliance.org/site/PageServer?pagename=peer_young_adult_podcast) talks about being a teen with a mood disorder (including depression and bipolar disorder). recent topics include bouncing back and coping financially.



Challenger Deep, by Neal Schusterman. 2015. Caden Bosch suspects that somebody is trying to kill him - and Caden is also off at sea, headed for the deepest point on Earth. A gripping look at schizophrenia.

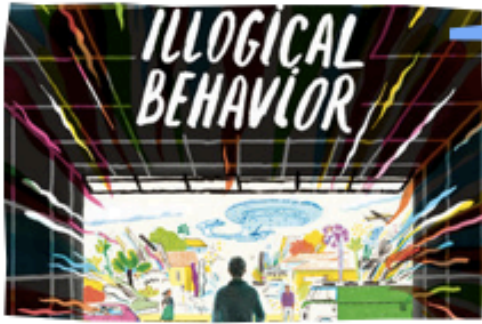
All The Bright Places, by Jennifer Niven. 2015. Violet and Finch appear to need each other from the beginning. But as Violet discovers, the mental illness he struggles with is more serious than her school suspects. soon to be a movie!  
\*trigger: suicide\*



The Sky is Everywhere, by Jandy Nelson. 2010. after bookworm Lennie's sister dies, she must decide for herself how to cope with the colossal loss. the addition of two boys, both who help her in different ways, only adds to her struggle.

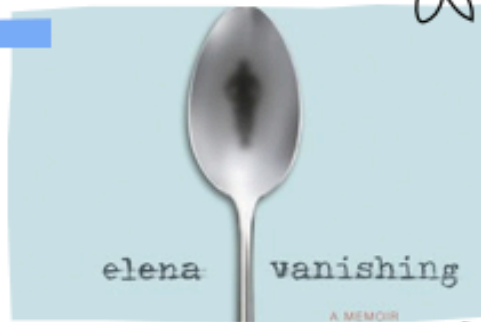
Made You Up, by Francesca Zappia. 2015. as Alex struggles to see past her schizophrenia as to whether Blue Eyes is real, Miles is trying to get his mother out of the mental hospital. when the two meet, a friendship forms.





Highly Illogical Behavior, by John Corey Whaley. 2016. the relationship between high-strung, scholarship-obsessed Lisa and agoraphobic Solomon will teach them both some things about themselves.

Elena Vanishing: A Memoir, by Elena Dunkle and Clare B Dunkle. 2015. a true story: Elena writes about struggling with an eating disorder to the point of being hospitalized. after going to college, she finds her own rock bottom.



Every Last Word, by Tamara Ireland Stone. 2015. being popular doesn't stop mental illness, as Samantha knows. her OCD means that she can't stop her dark thoughts, leading her to find a new friend group who may get her.

Finding Audrey, by Sophie Kinsella. 2015. after a traumatic incident, Audrey's socially-based anxiety disorder is taking over her life - but can a new friend help her recovery?



a little extra...

don't feel represented by the literature provided here? that's ok! try Ellen Hopkins' books - although a little older, they deal with a **wide variety** of issues. A bonus if you're into poetry!