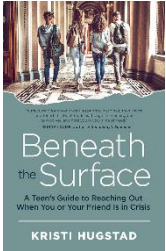


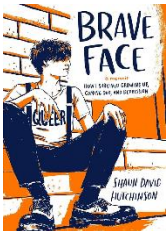
Books about Depression Awareness for Tweens and Teens

Nonfiction



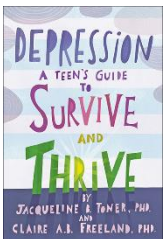
Hugstad, Kristi. **Beneath the Surface: A teen's guide to reaching out when you or your friend is in crisis**, 2019. TEENNF 616.8527 H896b

For a teenager in a world where anxiety, depression, and other mental illnesses are commonplace, life can sometimes feel impossible. Whether or not you or someone you love is suffering from any of these issues, it's important to be able to recognize the warning signs of mental illness and know where to turn for help.



Hutchinson, Shaun David. **Brave Face: A Memoir: How I survived growing up, coming out, and depression**, 2019. TEENNF 616.8584 H978b

In this courageous and deeply honest memoir, Shaun takes readers through the journey of what brought him to the edge, and what has helped him truly believe that it does get better.



Toner, Jacqueline B. **Depression: A teen's guide to survive and thrive**, 2016.

TEENNF 616.8527 T664d

This detailed and interesting guide defines depression, explains its causes and has activities to help teens deal with their depressed moods, thoughts, and behavior.

Fiction



McBride, Amber. **Me (Moth)**, 2021. TEEN MCBRIDE

Moth, who lost her family in an accident, and Sani, who is battling ongoing depression, take a road trip that has them chasing ghosts and searching for ancestors, which helps them move forward in surprising, powerful and unforgettable ways.



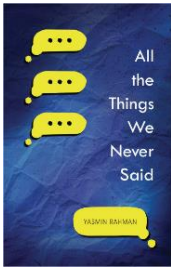
McBride, Amber. **We Are All So Good at Smiling**, 2023. TEEN MCBRIDE

Whimsy, who is clinically depressed, befriends a boy named Faerry, with whom she feels a magical connection, and together they brave the Forest, a place of monsters, fairy tales and pain that they have both been running from for 11 years. Poetry fans rejoice as this is a novel in verse.



Niven, Jennifer. **All the Bright Places**, 2015. TEEN NIVEN

Two teens dealing with depression and thoughts of suicide embark on a road trip together, learn about themselves and how to enjoy life.



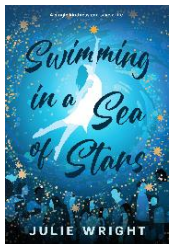
Rahman, Yasmin. **All the Things We Never Said**, 2023. TEEN RAHMAN

16-year-old Mehreen Miah's anxiety and depression, or 'Chaos', as she calls it, has taken over her life. So she joins MementoMori, a website that matches people with partners and allocates them a date and method of death, 'the pact'. Mehreen is paired with Cara Saunders and Olivia Castleton, two strangers dealing with their own serious issues. But it's not long before all three want out of the pact.



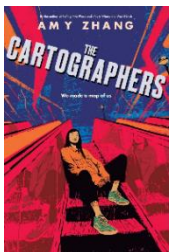
St. Jude, Jen. **If Tomorrow Doesn't Come**, 2023. TEEN ST. JUDE

Just as she's about to end her life, Avery Byrne discovers there are only nine days left to live: an asteroid is headed for Earth and, as time runs out, she learns she would do anything to save the ones she loves — and learns to save herself.



Wright, Julie. **Swimming in a Sea of Stars**, 2023. TEEN WRIGHT

After surviving a suicide attempt, Addison returns to school where her life intersects with four other students, each of whom are also dealing with their own personal struggles.



Zhang, Amy, **The Cartographers**, 2023. TEEN ZHANG

Taking her savings and going off the grid in NYC, 17-year-old Ocean Sun struggles to balance the expectations of her immigrant mother with her own place in the world and must find the strength to map out her future, dreams and path toward adulthood.