

Depression

Akron-Summit County Public Library

Nonfiction

Abblett, Mitch. **Mindfulness for Teen Depression: A Workbook for Improving Your Mood**, 2016.

TEENNF 616.8527 Ab124m

Full of activities and positive exercises, this workbook helps teens learn skills to help them work through negative thoughts and feelings.

Scarlet, Janina. **Superhero Therapy: Mindfulness Skills to Help Teens and Young Adults Deal with Anxiety, Depression, and Trauma**, 2017. TEENNF 616.852 Sc286s

Written in a style that's suitable for all ages, this self-help book uses a "superhero element" to help young adults deal with trauma.

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

Arnold, David. **Mosquitoland**, 2015. TEEN

Mim takes a cross country journey to escape from her new blended family and reconnect with her mother.

Ness, Patrick. **The Rest of Us Just Live Here**, 2015. TEEN

Mikey, deals with feelings of inadequacy and depression but his friendships help him to sort through his negative feelings.

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

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

Scelsa, Kate. **Fans of the Impossible Life**, 2015. TEEN

At Saint Francis Prep school in Mountain View, New Jersey, Mira, Jeremy, and Sebby come together as they struggle with romance, bullying, foster home and family problems, and mental health issues.