

## 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.

Burkhart, Jessica. **Life Inside my Mind: 31 Authors Share Their Personal Struggles**, 2018. TEENNF 616.89 L722

Thirty-one young adult authors share their own struggles with mental illness, ranging from such topics as neurodiversity and addiction to OCD and PTSD.

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.

Jensen, Kelly. **(Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health**, 2018. TEENNF 616.89 D688J

To understand mental health, we need to talk open about it. This collection explores a wide range of topics, from the authors' personal experiences with mental illness and understanding how our brains are wired, to exploring the do's and don'ts of talking about mental health.

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

Allen-Agostinai, Lisa. **Home Home**, 2020. TEEN

Moving from Trinidad to Canada wasn't her idea. But after being hospitalized for depression, her mother sees it as the only option. She just wants to be home home, in Trinidad. But this new home also brings unexpected surprises: the chance at a family that loves unconditionally, the possibility of new friends, and the promise of a hopeful future.

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

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

Fox, Helena. **How It Feels to Float**, 2019. TEEN

Sixteen-year-old Biz sees her father every day, though he died when she was seven, but when Biz's almost-normal life turns upside-down and her father disappears again, she tumbles into a disaster-land of grief and depression from which she must find her way back.

Khorram, Adib. **Darius the Great is Not Okay**, 2018. TEEN

Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life.

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.

Parker, Morgan. **Who Put This Song On?**, 2019. TEEN

17-year-old Morgan is a black teen triumphantly figuring out her identity when her conservative town deems depression as a lack of faith, and blackness as something to be politely ignored.

Roskos, Evan. **Dr. Bird's Advice for Sad Poets**, 2013. TEEN

A sixteen-year-old boy wrestling with depression and anxiety tries to cope by writing poems, reciting Walt Whitman, hugging trees, and figuring out why his sister has been kicked out of the house.

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.

Younge-Ullman, Danielle. **Everything Beautiful is Not Ruined**, 2017. TEEN

Then Ingrid traveled all over Europe with her opera star mother, Margot-Sophia. Life was beautiful and bright, and every day soared with music. Now Ingrid is on a summertime wilderness survival trek for at-risk teens: addicts, runaways, and her.

Yu, Jennifer. **Imagine Us Happy**, 2018. TEEN

Stella lives with depression. Her goals for junior year are pretty much limited to surviving her classes, staying out of her parents' constant fights and staving off unwanted feelings enough to hang out with her friends Lin and Katie. Then she meets Kevin, a quiet, wry senior who understands Stella and the lows she's going through like no one else.