

## Books about Self-Injury Awareness for Tweens and Teens

### Nonfiction

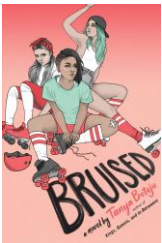


Mialki, Stephanie. **Self-Harm**, 2017. TEENNF 616.8582 M618s  
Discusses self-mutilation and other self-harmful behavior, including why some individuals harm themselves, the risks of self-injury, and how to treat and prevent it.

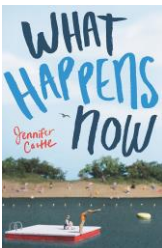


Vitelli, Romeo. **Self-Injury: Your Questions Answered**, 2018.  
TEENNF 616.8582 V841s  
Answers many of the most common questions concerning self-injury/self-harm.

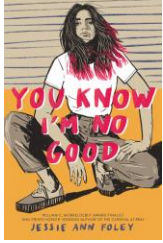
### Fiction



Boteju, Tanya. **Bruised**, 2021. TEEN BOTEJU  
Daya Wijesinghe sees a bruise as a mixture of comfort and control but joining a roller derby team pushes her toward big truths about love, loss, strength, and healing.



Castle, Jennifer. **What Happens Now**, 2016. TEEN CASTLE  
Ari, working to overcome depression, enters into a summer romance with Camden, a boy she has long admired from afar.



Foley, Jessie Ann. **You Know I'm No Good**, 2020. TEEN FOLEY

Mia is officially a “Troubled Teen”--she gets bad grades, drinks too much, and has probably gone too far with too many guys. But she doesn't realize how out of control she seems until she is taken from her home in the middle of the night and sent away to Red Oak Academy, a therapeutic girls' boarding school in the middle of nowhere.



Glasgow, Kathleen. **Girl in Pieces**, 2016. TEEN GLASGOW

After surviving a suicide attempt, a fragile teen isn't sure she can endure without cutting herself. This novel explores teen self-harm and the healing power of artistic expression.



Kuehn, Stephanie. **We Weren't Looking To Be Found: a novel**, 2022.

TEEN KUEHN

Rooming together in a treatment facility in Georgia, self-destructive teens Dani and Camila find a mysterious music box filled with letters from a former resident and work together to find out who she was--and who she's become.

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