

Mental Health: Book Lists and Reading Suggestions

Are you looking for a good read to help get back on track, to learn some positive coping strategies, or to identify with characters facing similar struggles to yours? **NovelList Plus can help.**

Find NovelList on the Secondary by Subject page of the WRDSB Virtual Library.

<http://library.wrdsb.ca/virtuallibrary>



Ask school library staff for home access login information.

NovelList Plus: Suggested search terms to get you started.

Search for:	Use either of these search limiters for more specific results.
"mental health"	teens, fiction OR teens, non-fiction
"mentally ill teenage boys"	
"mentally ill teenage girls"	
self-mutilation	

Some suggested reads from NovelList Plus:



Scars
by Cheryl Rainfield



Cut
by Patricia McCormick



**How I Made It to Eighteen:
A Mostly True Story**
by Patricia McCormick



Thirteen Reasons Why
by Jay Asher



Kissing Doorknobs
by Terry Spencer Hesser



It's Kind of a Funny Story
by Ned Vizzini

Popularity: ★★★★★☆

Read reviews on
goodreads
★★★★☆
[534 reviews](#)

Link to readers' reviews in Goodreads from *NovelList Plus* or go directly to the Goodreads website at: www.goodreads.com



Hannah: My True Story of Drugs, Cutting and Mental Illness
by Hannah Westberg

Use Goodreads' **Listopia** feature for great booklists.

Under *Teen* look for the list:
Best Teen Books about Real Problems

Explore
genres
listopia
giveaways

Ask your teacher-librarian to help you set up a GoodReads bookshelf where you can keep track of the titles you want to remember!



Find the path to Mental Health resources on the Library Learning Commons website:
<http://library.wrdsb.ca/research/pathfinders/mental-health/>