**Shelving Mental Illness: 40 Fiction Titles to Consider**

**Teresa Toten**

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| **Anonymous** |  | ***Go Ask Alice*** |
| Publisher: Simon Pulse, 1971Addiction- “Dear Diary, I’m really dragged and tired, and sad and worn out and fed up.” |
| **Heidi**  | **Ayarbe** | ***Compulsion*** |
| Publisher: Harper Collins, 2011OCD- “I have been holding my breath for thirteen seconds when he finally speaks. Thirteen. Good number.” |
| **Edward** | **Averett** | ***Cameron and the Girls*** |
| Publisher: Clarion Books, 2013Schizophrenic Disorder- “Mad crashes into happy and sad bounces off guilty until they all live in a smoky heap in my mind.” |
| **Deb** | **Caletti** | ***The Nature of Jade*** |
| Publisher: Simon & Shuster, 2007Panic Disorder/Anxiety- “I was sure I was dying and no one knew it except me.” |
| **Peter** | **Cameron**  | ***Someday this Pain Will be Useful to You*** |
| Publisher: Farrar, Straus and Giroux, 2007Sexual Identity/Alienation- “I only feel like myself when I’m alone.” |
| **Stephen** | **Chbosky** | ***The Perks of Being a Wallflower*** |
| Publisher: Simon & Shuster, 1999Sexual Abuse/Depression- “We accept the love we think we deserve.” |
| **Lesley** | **Choyce** | ***Into the Wasteland***  |
| Publisher: Red Deer Press, 2014Depression/Mania- “I guess you see a little anger here. Who am I angry at, you might ask? I’m angry at pretty much everyone.” |
| **Carolee** | **Dean** | ***Forget Me Not*** |
| Publisher: Simon Pulse, 2012 Depression/Cyber Bullying- “If she could do it, I could do it. So I took a handful of pills/washed them down/while the other girls stared.” |
| **Ava**  | **Dellaira** | ***Love Letters to the Dead*** |
| Publisher: Farrar, Straus, Giroux, 2014Grief/Rage- “No one else can save you, not really. Not from yourself.” |
| **Lesley** | **Fairfield** | ***Tyranny*** |
| Publisher: Tundra, 2009Anorexia/Bulimia- “As long as I’m thin and perfect, I’ll be invincible.” |
| **Michael Thomas** | **Ford** | ***Suicide Notes*** |
| Publisher: Harper Teen, 2008Suicide/Depression- “I’m not so sure I wouldn’t be better off just being dead.” |
| **Holly**  | **Goldberg Sloan** | ***Counting by 7s*** |
| Publisher: The Penguin Group, 2013Grief- “For someone grieving, moving forward is the challenge. Because after extreme loss, you want to go back.” |
| **John** | **Green & David Levithan** | ***Will Grayson, Will Grayson*** |
| Publisher: The Penguin Group, 2010Depression- “When things break, it’s not the actual breaking that prevents them from getting back together again. It’s because a little piece get lost . . . the whole shape has changed.” |
| **Joanne** | **Greenberg** | ***I Never Promised you a Rose Garden*** |
| Publisher: Signet 1964Schizophrenia- “There is nothing that you can do to me that my own craziness doesn’t do to me smarter and faster and better.” |
| **Laurie** | **Halse Anderson** | ***Wintergirls*** |
| Publisher: Viking, 2009Anorexia- “’Dead girl walking,’ the boys say in the halls. ‘Tell us your secret,’ the girls whisper one toilet to another.” |
| **Laurie**  | **Halse Anderson**  | ***The Impossible Knife of Memory*** |
| Publisher: Viking, 2014Family, mental health issue- “Saying alive is harder.” |
| **Carrie Ann** | **Haydo** | ***OCD Love Story*** |
| Publisher: Simon Pulse, 2013OCD- “Carrying all of these thoughts is downright heavy.” |
| **Ellen** | **Hopkins** | ***Impulse*** |
| Publisher: Margaret K. McElderry Books, 2007Suicide/Self Harm- “Better a freak than a total loser/ Better a break than a liar.” |
| **Stephanie** | **Kuehn** | ***Charm & Strange*** |
| Publisher: St. Martin’s Griffin, 2013Psychological Dissociation- “I don’t feel the presence of God here.” |
| **Nina** | **LaCour** | ***Hold Still*** |
| Publisher: Dutton Books, 2009Depression/suicide- “You might be looking for reasons but there are no reasons.” |
| **Katrina** | **Leno** | ***Half Life of Molly Pierce***  |
| Publisher: Harper Teen, 2014Dissociative Identity Disorder- “Molly wasn’t whole enough on her own. She made me to fill herself out.” |
| **Patricia**  | **McCormick** | ***Cut*** |
| Publisher: Scholastic, 2000Cutting/Self Harm- “Then I placed the blade next to the skin on my palm. A tingle arched across my scalp.” |
| **Susin**  | **Nielsen** | ***The Reluctant Journal of Henry K. Larsen*** |
| Publisher: Tundra, 2012Bullying/Suicide/Family- “Dad and I, we have a different kind of loneliness. It’s the kind you feel, even when you’re with someone else, because you know someone is missing.” |
| **Matthew**  | **Quick** | ***Forgive me Leonard Peacock*** |
| Publisher: Little Brown and Company, 2013Depression/Suicide/Sexual Abuse- “You’re different. And I’m different too. Different is good. But different is hard.” |
| **Cheryl**  | **Rainfield** | ***Scars*** |
| Publisher: Westside Books, 2010Sexual Abuse/Self Harm- “‘I almost envy your scars,’ Meghan says. ‘They’re something visible, something you can point to, to show how much you hurt.’” |
| **Amy** | **Reed** | ***Crazy*** |
| Publisher: Simon Pulse, 2012Bipolar Disorder- “I feel like I’m a snow globe and someone shook me up and now every little piece of me is falling back randomly and nothing is ending up where it used to be.” |
| **Samantha** | **Schutz** | ***I Don't Want to be Crazy*** |
| Publisher: Push, 2006Anxiety/Panic Disorder- “I can’t believe/no one else can hear/I am screaming/in my head.” |
| **Nic** | **Sheff** | ***Tweak*** |
| Publisher: Athenium, 2007Addiction- “The morning of my relapse, I had no idea I was actually going to do it.” |
| **Nic** | **Sheff** | ***Schizo*** |
| Publisher: Philomel Books, 2014Schizophrenia- “God I can’t take it.” |
| **Sherry** | **Shahan** | ***Skin & Bones*** |
| Publisher: Albert Whitman & Company, 2014Anorexia- “Jack had reluctantly agreed to the program, because his school counsellor had said, ‘If you keep going like this, you’ll end up in a coma.’”  |
| **Gail Sidonie** | **Sobat** | ***Gravity Journal*** |
| Publisher: Great Plains Publications, 2008Anorexia/Depression- “And she cried for herself … And the guys. For all of their lost hearts. All of the hungry hearts locked tightly away.” |
| **Hilary T.**  | **Smith** | ***Wild Awake*** |
| Publisher: Harper Collins, 2013Mania/Grief- “Sometimes, a problem looks so small you can crush it between your fingers. Then you wake up one morning and it’s eating you alive.” |
| **Sonya** | **Sones** | ***Stop Pretending: What Happened when my Sister went Crazy***  |
| Publisher: Harper Collins, 1999Family Member Mental Illness- “When I was lost/you were the one/who found me. Now you are the one who’s lost/and I can’t find you anywhere.” |
| **Teresa** | **Toten** | ***The Unlikely Hero of Room 13b*** |
| Publisher: Doubleday, 2013OCD/Anxiety/family mental Illness- “And during that whole time, they told each other everything except for the parts they didn’t. Mother and son were as honest as two people lying to each other could be.” |
| **Teresa** | **Toten** | ***The Game*** |
| Publisher: Red Deer Press, 2001Abuse/suicide- “There has to be a ‘better than this,’ a ‘better than’ how I was before this. There has to be more than how I am now, please, God.” |
| **Susan** | **Vaught** | ***Freaks Like Us*** |
| Publisher: Bloomsbury, 2012Schizophrenia- “Some days make more sense than others.” |
| **Ned**  | **Vizzini** | ***It's Kind of a Funny Story*** |
| Publisher: Hyperion, 2006Depression/Suicide- “It’s so hard to *talk* when you want to kill yourself.” |
| **Eric** | **Walters** | ***Sketches*** |
| Publisher: Puffin, 2007Sexual Abuse/Cutting- “There was hardly anything I did that made a difference or made me feel like I was somebody.” |
| **Polly** | **Wells** | ***Freaking out: Real life stories about Anxiety*** |
| Publisher: Annick Press, 2013Anxiety- “When anxiety is part of your daily existence, it starts to feel normal.” |
| **Tracy**  | **White** | ***How I Made it to 18, a mostly true story*** |
| Publisher: Roaring Brook Press, 2010Nervous Breakdown/Depression/Bulimia- “The patient is a seventeen year old white female.” |