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

**Teresa Toten**

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| **Anonymous** |  | ***Go Ask Alice*** |
| Publisher: Simon Pulse, 1971  Addiction- “Dear Diary, I’m really dragged and tired, and sad and worn out and fed up.” | | |
| **Heidi** | **Ayarbe** | ***Compulsion*** |
| Publisher: Harper Collins, 2011  OCD- “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, 2013  Schizophrenic 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, 2007  Panic 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, 2007  Sexual Identity/Alienation- “I only feel like myself when I’m alone.” | | |
| **Stephen** | **Chbosky** | ***The Perks of Being a Wallflower*** |
| Publisher: Simon & Shuster, 1999  Sexual Abuse/Depression- “We accept the love we think we deserve.” | | |
| **Lesley** | **Choyce** | ***Into the Wasteland*** |
| Publisher: Red Deer Press, 2014  Depression/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, 2014  Grief/Rage- “No one else can save you, not really. Not from yourself.” | | |
| **Lesley** | **Fairfield** | ***Tyranny*** |
| Publisher: Tundra, 2009  Anorexia/Bulimia- “As long as I’m thin and perfect, I’ll be invincible.” | | |
| **Michael Thomas** | **Ford** | ***Suicide Notes*** |
| Publisher: Harper Teen, 2008  Suicide/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, 2013  Grief- “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, 2010  Depression- “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 1964  Schizophrenia- “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, 2009  Anorexia- “’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, 2014  Family, mental health issue- “Saying alive is harder.” | | |
| **Carrie Ann** | **Haydo** | ***OCD Love Story*** |
| Publisher: Simon Pulse, 2013  OCD- “Carrying all of these thoughts is downright heavy.” | | |
| **Ellen** | **Hopkins** | ***Impulse*** |
| Publisher: Margaret K. McElderry Books, 2007  Suicide/Self Harm- “Better a freak than a total loser/ Better a break than a liar.” | | |
| **Stephanie** | **Kuehn** | ***Charm & Strange*** |
| Publisher: St. Martin’s Griffin, 2013  Psychological Dissociation- “I don’t feel the presence of God here.” | | |
| **Nina** | **LaCour** | ***Hold Still*** |
| Publisher: Dutton Books, 2009  Depression/suicide- “You might be looking for reasons but there are no reasons.” | | |
| **Katrina** | **Leno** | ***Half Life of Molly Pierce*** |
| Publisher: Harper Teen, 2014  Dissociative Identity Disorder- “Molly wasn’t whole enough on her own. She made me to fill herself out.” | | |
| **Patricia** | **McCormick** | ***Cut*** |
| Publisher: Scholastic, 2000  Cutting/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, 2012  Bullying/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, 2013  Depression/Suicide/Sexual Abuse- “You’re different. And I’m different too. Different is good. But different is hard.” | | |
| **Cheryl** | **Rainfield** | ***Scars*** |
| Publisher: Westside Books, 2010  Sexual 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, 2012  Bipolar 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, 2006  Anxiety/Panic Disorder- “I can’t believe/no one else can hear/I am screaming/in my head.” | | |
| **Nic** | **Sheff** | ***Tweak*** |
| Publisher: Athenium, 2007  Addiction- “The morning of my relapse, I had no idea I was actually going to do it.” | | |
| **Nic** | **Sheff** | ***Schizo*** |
| Publisher: Philomel Books, 2014  Schizophrenia- “God I can’t take it.” | | |
| **Sherry** | **Shahan** | ***Skin & Bones*** |
| Publisher: Albert Whitman & Company, 2014  Anorexia- “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, 2008  Anorexia/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, 2013  Mania/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, 1999  Family 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, 2013  OCD/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, 2001  Abuse/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, 2012  Schizophrenia- “Some days make more sense than others.” | | |
| **Ned** | **Vizzini** | ***It's Kind of a Funny Story*** |
| Publisher: Hyperion, 2006  Depression/Suicide- “It’s so hard to *talk* when you want to kill yourself.” | | |
| **Eric** | **Walters** | ***Sketches*** |
| Publisher: Puffin, 2007  Sexual 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, 2013  Anxiety- “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, 2010  Nervous Breakdown/Depression/Bulimia- “The patient is a seventeen year old white female.” | | |