Mental Health

EBOOK | ELECTRONIC AUDIOBOOK | BOOK ON CD OR PLAYAWAY | PHYSICAL BOOK | AVAILABLE IN ALL FORMATS

Summary

Mental health is a state of well-being that enables us to cope with the stresses of life, realize our abilities, learn well and work well, and contribute to our community.

Topics

- Anxiety
- Bipolar Disorder
- Depression
- Obsessive Compulsive Disorder
- Eating Disorders
- Post Traumatic Stress Disorder
- Schizophrenia

Books at MPL

Recommended Reading

TEEN 305 Goldsmith - *Smashing stigma: dismantling stereotypes, prejudice, and discrimination*

General

TEEN 306.768 Peta - *The trans and gender diverse teen resilience guide: essential skills for building community, well-being, and mental health*

TEEN 616.85 Where - *Where to start: a survival guide to anxiety, depression, and other mental health challenges*

TEEN 616.89 Science - *The science of mental health*

TEEN 616.89 Siebert - *Heads up: changing minds on mental health*

TEEN GRAPHIC/618.928 Bean - *Here I am, I am me: an illustrated guide to mental health*

Anxiety & Depression

- TEEN 155.9042 Sheen - *Teen guide to managing stress and anxiety*
- TEEN 158.1 Iantaffi - *Hell yeah self-care!: a trauma-informed workbook*
- TEEN 362.28 Uhl - *Suicide*
- TEEN 616.85 Navigating - *Navigating anxiety & depression*
- TEEN 616.8527 Cognevich - *Depression: insights and tips for teenagers*

Bipolar Disorder

- TEEN HOOPLA Eason - *Bipolar Disorder*

Schizophrenia

- TEEN HOOPLA Harris - *Schizophrenia: When Reality Becomes Distorted*

Eating Disorders

- TEEN 613.2083 Darpinian - *No weigh!: a teen's guide to positive body image, food, and emotional wisdom*
- TEEN 616.8526 Brezina - *Eating disorders*
- TEEN 616.8526 Mallick - *Conquering binge eating*
- TEEN BIOG Castañeda, Y. - *Pork belly tacos with a side of anxiety*
- TEEN GRAPHIC/BIOG Green, K. - *Lighter than my shadow*

Obsessive Compulsive Disorder (OCD)

- TEEN 616.852 Sedley - *Stuff that's loud: a teen's guide to unspiraling when OCD gets noisy*
- TEEN BIOG Britz, A. - *Obsessed: a memoir of my life with OCD*

Post Traumatic Stress Disorder (PTSD)

- TEEN 616.8521 Pierce - *PTSD: causes and care*
- TEEN HOOPLA Klatte - *PTSD*

Online Resources

More available at https://medfordlibrary.org/teens/teen-digital-resources/

988 Suicide & crisis lifeline
Call or text 988
Chat at *988lifeline.org*

Britannica
Middle School - *Mental Illness*
High School - *Mental Illness*