Teens (13+)  Book List

Reading and learning about mental health reduces the stigma of mental health concerns through early exposure. Providing age-appropriate mental health books can make a difference in a child’s academic, behavioral, and emotional success. Below is a list of suggested books you can read with your child or classroom, or they can read on their own, that can help them foster social emotional learning, model resiliency and mental well-being, have difficult conversations, and more.

**CHANGE AND TRANSITION**

\*Everything a Band-Aid Can't Fix: A Teen's Guide to Healing and Dealing with Life - Nicole Russell

\*Almost Adulting: All You Need to Know to Get Stuff Together - Arden Rose

**CONFIDENCE AND SELF-ESTEEM**

\*The Ultimate Self-Esteem Workbook for Teens: Overcome Insecurity, Defeat Your Inner Critic and Live Confidently - Megan MacCutcheon

**COPING SKILLS**

\*Coping Skills for Teens Workbook - Janinie Halloran

**DEPRESSION**

\*All the Bright Places - Jennfer Niven

\*Get Well Soon - Julie Halpern

\*Impulse - Ellen Hopkins

\*Looking for Alaska - John Green

\*Mosquitoland - David Arnold

\*Some Kind of Happines - Claire Legrand

\*The Catcher in the Rye - J.D. Salinger

\*The Perks of Being a Wallflower - Stephen Chbosky

\*White Oleander - Janet Fitch

**EMOTIONS**

\*My Emotions: A Journal for Teens: Guided Exercises to Help You Express, Understand, and Manage Emotions - \*Joy A. Hartman

\*Life Skills Workbook for Teens with Autism and Special Needs: Activities to help develop Independence, Self Advocacy and Self Care - Susan Jules

\*The Social Survival Guide for Teens on the Autism Spectrum: How to Make Friends and Navigate Your Emotions - Lindsey Sterling PhD

\*The State of Black Girls - Marline Francois-Madden

**GRIEF & LOSS**

\*Grief (Empowering You) - Joe Jansen

\*Dancing at the Pity Party - Tyler Feder

\*Teen Grief: Caring for the Grieving Teenage Heart - Gary Roe

**LGBTQ TOPICS**

\*Parenting Your LGBTQ+ Teen: A Guide to Supporting, Empowering, and Connecting with Your Child - Allan Sadac

\*LGBTQ: The Survival Guide for Lesbian, Gay, Bisexual, Transgender, and Questioning Teens - Kelly Huegel Madrone

\*I'll Give You the Sun - Jandy Nelson

\*The ABC's of LGBT+ -Ashley Mardell

\*Gender Identity Workbook for Teens Andrew Maxwell - Triska LCSW

**LIFE SKILLS**

\*Life Skills for Teens: How to Cook, Clean, Manage Money, Fix Your Car, Perform First Aid, and Just About \*Everything in Between - Karen Harris

\*Social Skills for Teens: How to Build Self-Esteem, Confidence and Become Your Best Self - Discover Press

**MENTAL HEALTH**

\*A Beautiful Mind - Sylvia Nasar

\*A Note of Madness - Tabatha Suzuma

\*Brain on Fire: My Month of Madness - Susanna Cahalan

\*Challenger Deep - Neal Shusterman

\*Don't Call Me Crazy - Kelly Jensen

\*Girl, Interrupted - Susanna Kaysen

\*Never Fight Alone: 51 Inspiring Interviews to Help Teens Overcome Their Struggles & Improve Their Mental Health - Shelomo Solson

\*Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can - Ben Sedley PhD

\*The Girl with the Dragon Tattoo - Stieg Larsson

\*The Rest of Us Just Live Here Patrick Ness Turtles All the Way Down - John Green

**MINDFULNESS**

\*The Mindfulness Journal for Teens: Prompts and Practices to Help You Stay Cool, Calm, and Present - Jennie Marie Battisin, M.A., LMFT

\*Mindfulness for Teens in 10 Minutes a Day: Exercises fo Feel Calm, Stay Focused & Be Your Best Self - Jennie Marie Battisin, M.A., LMFT

\*Mindfulness Workbook for Teens - Linette Bixby

**SELF-DISCOVERY**

\*A Really Awesome Mess - Trish Cook

\*Paper Towns - John Greene

\*Revolution - Jennifer Donnelly

\*The Curious Incident of The Dog in the Night Time - Mark Haddon

\*The Fault in Our Stars - John Greene

\*The Good Luck of Right Now - Matthew Quick

**STRESS AND ANXIETY**

\*Therapy Games for Teens - Kevin Grizewski

\*The DBT Skills Workbook for Teens: A Fun Guide to Manage Anxiety and Stress, Understand Your Emotions and Learn Effective Communication Skills - Teen Thrive

\*Finding Audrey - Sophie Kinsella

\*An Anxiety Book for Teens - Ged Jenkins-Oma

Reformatted 3/14/23

The Children’s Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School and Community Champions across the state, is to raise public awareness of the importance of children’s mental health.

For more information, please visit www.ChildrensMentalHealthMatters.org. \*\*The books in this list are recommendations – the Children’s Mental Health Matters Campaign does not hold responsibility for the content. Parents/caregivers and educators should make all considerations before reading the suggested book.