Young Adult Fiction – Mental Illness and Mental Health

Browse through the Novi Public Library’s list of popular young adult mental illness and mental health fiction. Click on the title to be directed to the book in our catalog. The shelf location is also written after the title.

Alkaf, Hanna – Weight of Our Sky
YA Fiction Alkaf

Bowman, Akemi Dawn – Starfish
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An, Na – Place Between Breaths
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Caletti, Deb – Essential Maps for the Lost
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Anderson, Laurie Halse – Wintergirls
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Chan, Crystal – All That I Can Fix
YA Fiction Chan
Colbert, Brandy – Little and Lion
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Ganger, Candace – Six Goodbyes We Never Said
YA Fiction Ganger

Flores-Scott, Patrick – American Road Trip
YA Fiction Floresscott

Gornall, Louise – Under Rose-Tainted Skies
YA Fiction Gornall

Fortunati, Karen – Weight of Zero
YA Fiction Fortunati

Green, John – Turtles All the Way Down
YA Fiction Green

Fox, Helena – How It Feels to Float
YA Fiction Fox

Haydu, Corey Ann – OCD Love Story
YA Fiction Haydu
Hopkins, Ellen – Impulse
YA Fiction Hopkins

Lindstrom, Eric – A Tragic Kind of Wonderful
YA Fiction Lindstrom

Khorram, Adib – Darius the Great is Not Okay
YA Fiction Khorram

Lord, Emery – When We Collided
YA Fiction Lord

Kinsella, Sophie – Finding Audrey
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Miller, Sam – Art of Starving
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Kuehn, Stephanie – Complicit
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Nijkamp, Marieke – Before I Let Go
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Stone, Tamara – Every Last Word
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Stork, Francisco X. – Memory of Light
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Toten, Teresa – Unlikely Hero of Room 13B
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Vizzini, Ned – It's Kind of a Funny Story
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Warga, Jasmine – My Heart and Other Black Holes
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Whaley, John Corey – Highly Illogical Behavior
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Zappia, Francesca – Made You Up
YA Fiction Zappia

***If you or someone you know is struggling, visit https://www.nami.org/ or call the National Alliance on Mental Illness at 800-950-NAMI (6264), the Substance Abuse and Mental Health Services Administration at 800-622-HELP (4357), or the National Suicide Prevention Line at 800-273-8255.***