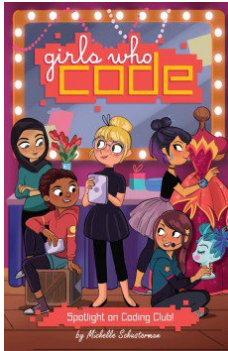


## The Year I Didn't Eat

by Samuel Pollen

JF POLLEN

Fourteen-year-old Max records his efforts to control his anorexia in a therapist-prescribed journal that also chronicles his parents' difficult relationship and his feelings for a new girl at school, Evie.



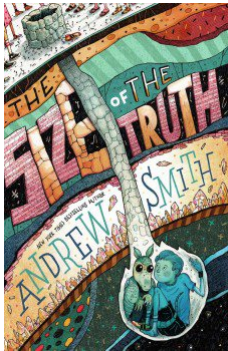
## Spotlight on Coding Club

by Michelle Schusterman

JF SCHUSTERMAN

J CD JF SCHUSTERMAN

The girls in the coding club are preparing their voting app for the school talent show, but when they discover Erin is secretly suffering from anxiety they band together to find her help.



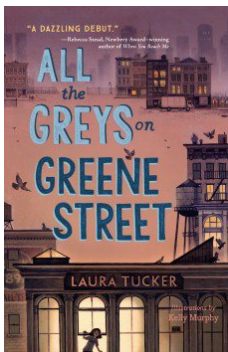
## The Size of the Truth

by Andrew Smith

YA F SMITH

J CD JF SMITH

A boy who spent three days trapped in a well tries to overcome his PTSD and claustrophobia so he can fulfill his dream of becoming a famous chef.

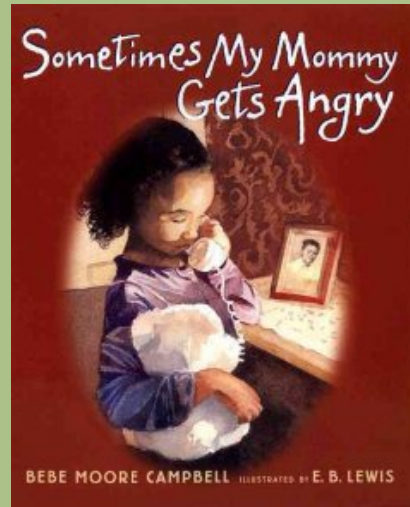


## All the Greys on Greene Street

by Laura Tucker

JF TUCKER

It's 1981, Ollie's mom is going through a depressive episode, and her dad has mysteriously disappeared. She sets out to solve a mystery involving a piece of art.

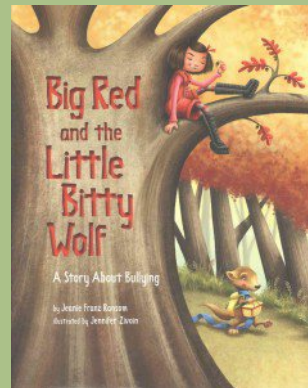


## Sometimes My Mommy Gets Angry

by Bebe Moore Campbell

E CAM

A little girl copes with her mother's mental illness, with the help of her grandmother and friends.



## Big Red and the Little Bitty Wolf

by Jeanie Franz Ransom

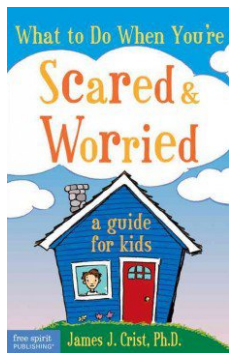
E RANSOM

Big Red Riding Hood has been bullying Little Bitty Wolf since she moved into the neighborhood and his parents' advice does not help, but talking to their school counselor, Mr. Know-It-Owl just might set things right.



# Mental Health and Mindfulness



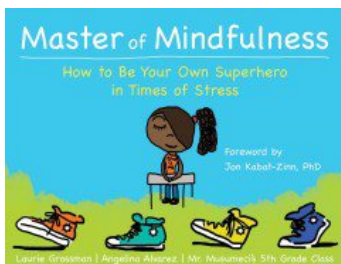


## What to Do When You're Scared & Worried

by James J. Crist

J 152.46 CRI

Overcome your fears using the ideas in this book. Recommended for grades 4 and up.



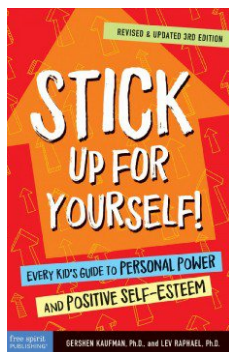
## Master of Mindfulness

by Laurie Grossman

J 155.9042 GRO

Find advice from other kids about how to focus and listen to your feelings.

Search the catalog for "mindfulness" to find more books like this.

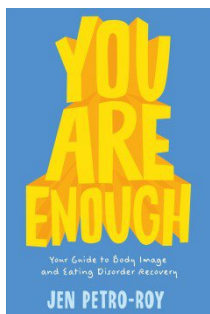


## Stick Up For Yourself!

by Gershen Kaufman

J 158.2 KAU

Find ideas to help you build self-esteem and be more assertive, cope with strong feelings, and more. Recommended for grade 5 and up.



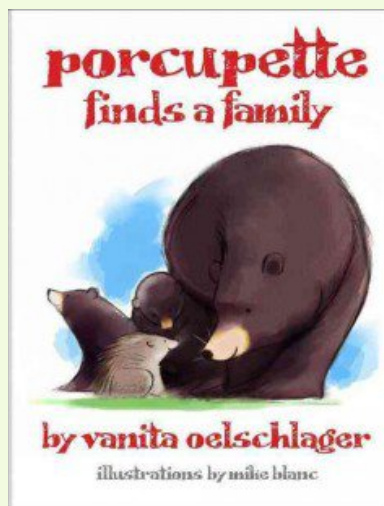
## You Are Enough

by Jen Petro-Roy

J 616.8526 PET

PLAYAWAY J 616.8526 PET

This inclusive guidebook delivers friendly, conversational advice about eating disorders and body image, tools, and information for recovery, and suggestions for dealing with family, friends, and media messages.

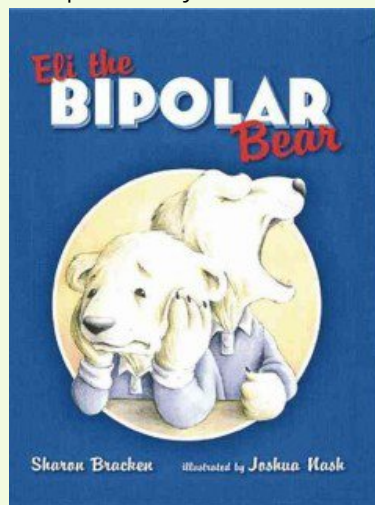


## Porcupette Finds a Family

by Vanita Oelschlager

J/PC 362.734 OEL

A picture book dealing with attachment disorder in an adoptive family.



## Eli the Bipolar Bear

by Sharon Bracken

J/PC 616.895 BRA

Eli learns to deal with his bipolar disorder.

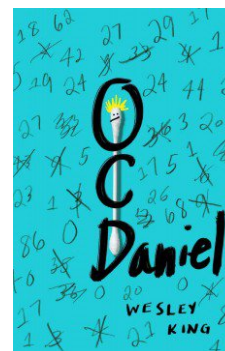


## Everything I Know About You

by Barbara Dee

JF DEE

When Tally shares a room with Ava on a class trip, she discovers the other girl has an eating disorder and is not sure what to do.

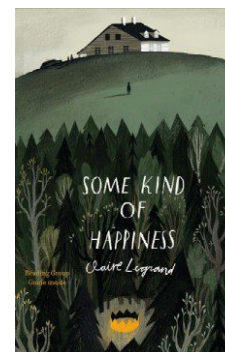


## OCDaniel

by Wesley King

JF KING

A thirteen-year-old boy's life revolves around hiding his obsessive compulsive disorder until a girl at school, who is unkindly nicknamed Psycho Sara, notices him for the first time and he gets a mysterious note that changes everything.



## Some Kind of Happiness

by Claire Legrand

JF LEGRAND

Finley Hart is sent to her grandparents' house for the summer, but her anxiety and overwhelmingly sad days continue until she escapes into her writings which soon turn mysteriously real and she realizes she must save this magical world in order to save herself.



## Stanley Will Probably Be Fine

by Sally J. Pla

JF PLA

After fainting during a school assembly, Stanley uses his time in a safe room to begin drawing a comic book superhero and then enters a treasure hunt so that he can win passes to Comic Fest.