

The Unlikely Hero of Room 13B

by Teresa Toten

Adam not only is trying to understand his OCD, while trying to balance his relationship with his divorced parents, but he's also trying to navigate through the issues that teenagers normally face, namely the perils of young love.

YA ToteT

Don't Touch by Rachel M. Wilson

16-year-old Caddie struggles with OCD, anxiety, and a powerful fear of touching another person's skin, which threatens her dreams of being an actress--until the boy playing Hamlet opposite her Ophelia gives her a reason to overcome her fears.

YA WilsR

Belzhar by Meg Wolitzer

Jam Gallahue, fifteen, unable to cope with the loss of her boyfriend Reeve, is sent to a therapeutic boarding school in Vermont, where a journal-writing assignment for an exclusive, mysterious English class transports her to the magical realm of Belzhar, where she and Reeve can be together.

YA WoliM

OCD, the Dude, and Me

by Lauren Roedy Vaughn

Danielle Levine stands out even at her alternative high school--in appearance and attitude--but when her scathing and sometimes raunchy English essays land her in a social skills class, she meets Daniel, another social misfit who may break her resolve to keep everyone at arm's length.

YA VaugL

Highly Illogical Behavior

by John Corey Whaley

Agoraphobic sixteen-year-old Solomon has not left his house in three years, but Lisa is determined to change that-- and to write a scholarship-winning essay based on the results.

YA WhaJ

Love and other alien experiences

by Kerry Winfrey

Mallory hasn't left the house in sixty-seven days--since the day her dad left. She attends her classes via webcam, rarely leaves her room, and spends most of her time watching The X-Files. But when she's nominated for homecoming queen, her life takes a surprising turn. She slowly begins to open up to the world outside. And maybe if she can get her popular jock neighbor Brad Kirkpatrick to be her homecoming date, her classmates will stop calling her a freak. In this heartwarming and humorous debut, Mallory discovers first love and the true meaning of home--just by taking one small step outside her house.

YA WinfK

If You Were Here by Jennie Yabroff

Tess used to be normal--or at least, she knew how to fake it. Then her mother started showing up at her fancy prep school and acting crazy, which turned Tess into social cyanide. Now, her days at school, once almost tolerable, are unbearable. She longs for summers at her grandmother's lake house, binging on old movies and Oreos, and weekends with her best and only friend, Tabitha. Until then, Tess just tries to survive, with long runs through Central Park to keep the anxiety down. Then Tabitha drops Tess without warning, leaving Tess without a friend in the world. Before Tess can even cope with losing Tabitha, a horrific tragedy happens one night at school, and Tess is blamed for it.

YA YabrJ



VESTAVIA HILLS LIBRARY IN THE FOREST

www.vestavialibrary.org



Questions?
Contact Daniel

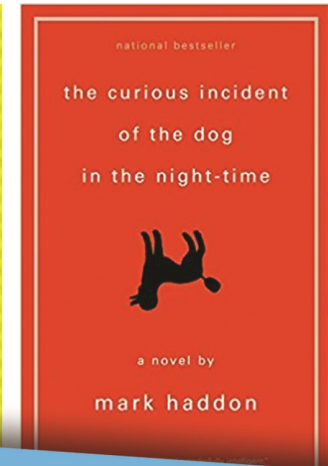
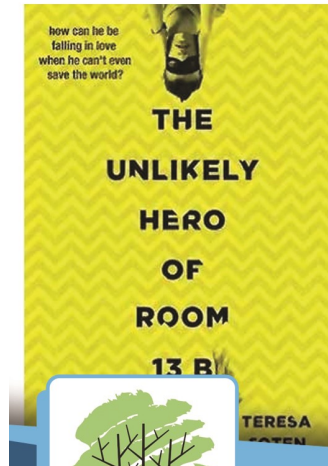
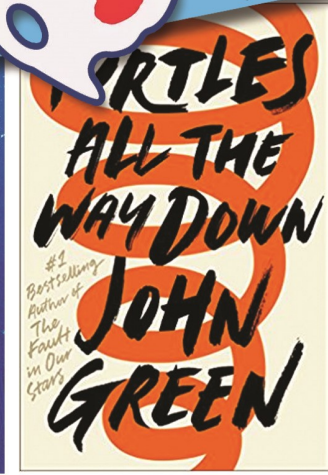
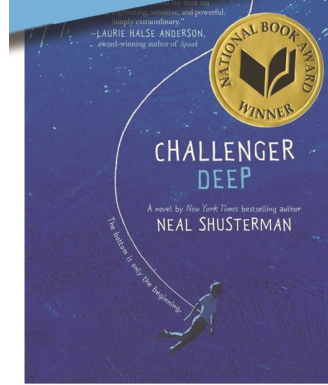
daniel.tackett@vestavialibrary.org

205.978.3683

www.vestavialibrary.org



MENTAL HEALTH & NEURODIVERSE CHARACTERS



SUGGESTED READING

Wintergirls by Laurie Halse Anderson YA AndeL
Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder.

Chasing Shadows by Swati Avasthi; Craig Phillips JF AvasS
Acting out superhero fantasies on the streets and rooftops of Chicago, best friends Corey, Holly, and Savitri are shattered by a murderous act of violence that leaves two of them disillusioned and unable to move on.

Al Capone Does My Shirts by Gennifer Choldenko YA Cholg
A twelve-year-old boy named Moose moves to Alcatraz Island in 1935 when guards' families were housed there, and has to contend with his extraordinary new environment in addition to life with his autistic sister.

Pointe by Brandy Colbert YA ColbB
Four years after Theo's best friend, Donovan, disappeared at age thirteen, he is found and brought home and Theo puts her health at risk as she decides whether to tell the truth about the abductor, knowing her revelation could end her life-long dream of becoming a professional ballet dancer.

Mockingbird by Kathryn Erskine JF ErskK
Ten-year-old Caitlin, who has Asperger's Syndrome, struggles to understand emotions, show empathy, and make friends at school, while at home she seeks closure by working on a project with her father.

The Great American Whatever by Tim Federle YA FedeT
Quinn Roberts' only worry used to be writing convincing dialogue for the movies he made with his sister Annabeth. Of course, that was before the car accident that changed everything. Enter Geoff, Quinn's best friend who insists it's time that Quinn came out-- at least from hibernation. Geoff drags Quinn to a party where he meets a guy-- okay, a hot guy-- and falls, hard. And Quinn begins imagining his future as a screenplay that might actually have a happily-ever-after ending-- if he can finally step back into the starring role of his own life story.

Turtles All the Way Down by John Green YA GreeJ
Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis. Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts.

The Curious Incident of the Dog in the Night-Time by Mark Haddon YA HaddM
Despite his overwhelming fear of interacting with people, Christopher, a mathematically-gifted, autistic fifteen-year-old boy, decides to investigate the murder of a neighbor's dog and uncovers secret information about his mother.

Making Pretty by Corey Ann Haydu YA HaydC
Missing the relationships she used to have with her sister and her best friend, seventeen-year-old Montana gets involved with a wild actress friend and falls in love with a new boy.

Perfect by Ellen Hopkins YA AB HopkE
Northern Nevada teenagers Cara, Kendra, Sean, and Andre, tell in their own voices of their very different paths toward perfection and how their goals change when tragedy strikes. (Audiobook)

Finding Audrey by Sophie Kinsella YA KinsS
Fourteen-year-old Audrey is making slow but steady progress dealing with her anxiety disorder when Linus comes into the picture and her recovery gains momentum.

Complicit by Stephanie Kuehn YA KuehS
Two years ago, fifteen-year-old Jamie Henry breathed a sigh of relief when a judge sentenced his older sister to juvenile detention for burning down their neighbor's fancy horse barn. The whole town did. Because Crazy Cate Henry used to be a nice girl. Until she did a lot of bad things. Like drinking. And stealing. And lying. Like playing weird mind games in the woods with other children. Like making sure she always got her way. Or else. But today Cate got out. And now she's coming back for Jamie. Because more than anything, Cate Henry needs her little brother to know the truth about their past. A truth she's kept hidden for years. A truth she's not supposed to tell.

Butter by Erin Jade Lange YA LangE
Unable to control his binge eating, a morbidly obese teenager nicknamed Butter decides to make live webcast of his last meal as he attempts to eat himself to death.

Calvin by Martine Leavitt YA LeavM
Born on the day the last Calvin and Hobbes comic strip was published, seventeen-year-old Calvin, a schizophrenic, sees and has conversations with the tiger, Hobbes, and believes that if he can persuade the strip's creator, Bill Watterson, to do one more strip, he will make Calvin well.

The Boyfriend List by E. Lockhart YA LockE
A Seattle fifteen-year-old explains some of the reasons for her recent panic attacks, including breaking up with her boyfriend, losing all her girlfriends, tensions between her performance-artist mother and her father, and more.

When We Collided by Emery Lord YA LordE
Can seventeen-year-old Jonah save his family restaurant from ruin, his mother from her sadness, and his danger-seeking girlfriend Vivi from herself?

Say What You Will by Cammie McGovern YA McGoC
Born with cerebral palsy, Amy can't walk without a walker, talk without a voice box, or even fully control her facial expressions. Plagued by obsessive-compulsive disorder, Matthew is consumed with repeated thoughts, neurotic rituals, and crippling fear. Both in desperate need of someone to help them reach out to the world, Amy and Matthew are more alike than either ever realized. When Amy decides to hire student aides to help her in her senior year at Coral Hills High School, these two teens are thrust into each other's lives. As they begin to spend time with each other, what started as a blossoming friendship eventually grows into something neither expected.

All the Bright Places by Jennifer Niven YA NiveJ
Told in alternating voices, when Theodore Finch and Violet Markey meet on the ledge of the bell tower at school--both teetering on the edge--it's the beginning of an unlikely relationship, a journey to discover the "natural wonders" of the state of Indiana, and two teens' desperate desire to heal and save one another,

Clean by Amy Reed YA ReedA
A group of teens in a Seattle-area rehabilitation center form an unlikely friendship as they begin to focus less on their own problems with drugs (including alcohol) by reaching out to help a new member, who seems to have even deeper issues to resolve.

How I Live Now by Meg Rosoff YA AB RosoM
To get away from her pregnant stepmother in New York City, fifteen-year-old Daisy goes to England to stay with her aunt and cousins, with whom she instantly bonds, but soon war breaks out and rips apart the family while devastating the land. (Audiobook)

Fangirl by Rainbow Rowell YA RoweR
Cath is a Simon Snow fan. Okay, the whole world is a Simon Snow fan ... But for Cath, being a fan is her life--and she's really good at it. She and her twin sister, Wren, ensconced themselves in the Simon Snow series when they were just kids; it's what got them through their mother leaving.

Fig by Sarah Elizabeth Schantz YA SchaS
In 1994, Fig looks back on her life and relates her experiences, from age six to nineteen, as she desperately tries to save her mother from schizophrenia while her own mental health and relationships deteriorate.

Schizo by Nic Sheff YA ShefN
A teenager recovering from a schizophrenic breakdown is driven to the point of obsession to find his missing younger brother and becomes wrapped up in a romance that may or may not be the real thing.

Challenger Deep by Neal Shusterman; Brendan Shusterman YA ShusN
Caden Bosch is on a galleon that's headed for the deepest point on Earth: Challenger Deep, the southern part of the Marianas Trench. Caden Bosch is a brilliant high school student whose friends are starting to notice his odd behavior. He is designated the ship's artist in residence to document the journey with images. He pretends to join the school track team but spends his days walking for miles, absorbed by the thoughts in his head. He is split between his allegiance to the captain and the allure of mutiny. He is torn. He is dealing with schizophrenia... and as fantasy and paranoia begin to take over, his parents have only one choice left.

Every Last Word by Tamara Ireland Stone YA StonT
Hidden beneath the straightened hair and expertly applied makeup is a secret that her friends would never understand: Samantha has Purely-Obsessional OCD and is consumed by a stream of dark thoughts and worries that she can't turn off. When Sam meets Caroline, she has to keep her new friend with a refreshing sense of humor and no style a secret.