

# 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.



BOOK NAME	AUTHOR
<b>Change &amp; Transition</b>	
Everything a Band-Aid Can't Fix: A Teen's Guide to Healing and Dealing with Life	Nicole Russell
Almost Adulthood: All You Need to Know to Get Stuff Together	Arden Rose
<b>Confidence &amp; Self-Esteem</b>	
The Ultimate Self-Esteem Workbook for Teens: Overcome Insecurity, Defeat Your Inner Critic and Live Confidently	Megan MacCutcheon
<b>Coping Skills</b>	
Coping Skills for Teens Workbook	Janinie Halloran
<b>Depression</b>	
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 Happiness	Claire Legrand
The Catcher in the Rye	J.D. Salinger
The Perks of Being a Wallflower	Stephen Chbosky
White Oleander	Janet Fitch
<b>Emotions</b>	
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
<b>Grief &amp; Loss</b>	
Grief (Empowering You)	Joe Jansen
Dancing at the Pity Party	Tyler Feder
Teen Grief: Caring for the Grieving Teenage Heart	Gary Roe
<b>LGBTQ Topics</b>	
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
<b>Life Skills</b>	
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
<b>Mental Health</b>	
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
<b>Mindfulness</b>	
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
<b>Self-Discovery</b>	
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
<b>Stress &amp; Anxiety</b>	
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-Omar



Coordinated by



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](http://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 books.*