

Tough Stuff in YA

available at your Ruby Sisson Library

Mental Illness

***Fig*, by Sarah Elizabeth Schantz (YA FIC SCHA, S)**

Love and sacrifice intertwine in this debut about a girl dealing with her mother's schizophrenia and her own mental illness. Fig's world lies somewhere between reality and fantasy. To save Mama, Fig begins a fierce battle to bring her back. She knows that her daily sacrifices, like not touching metal one day or avoiding water the next, are the only way to cure Mama.

***How It Feels to Float*, by Helena Fox (YA FIC FOX*, H)**

Sixteen-year-old Biz sees her father every day, though he died when she was seven. When he suddenly disappears, she tumbles into a disaster-land of grief and depression from which she must find her way back.

***The Last True Poets of the Sea*, by Julia Drake (YA FIC DRAK, J)**

Inspired loosely by Shakespeare's Twelfth Night, teenaged Violet is shipped off to Maine after her brother's hospitalization, where she searches for the lost shipwreck that her great-great grandmother survived and for answers about her family's long struggle with mental illness, all while falling in love.

***Let's Call it a Doomsday*, by Katie Henry (YA FIC HENR, K)**

Ellis Kimball, sixteen, whose anxiety disorder causes her to prepare for the imminent end of the world, meets Hannah, who claims to know when it will happen.

***Words on Bathroom Walls*, by Julia Walton (YA FIC WALT, J)**

Adam is a recently diagnosed schizophrenic and journals to his therapist about family, friends, and first loves as he undergoes a new drug trial for the mental illness that allows him to keep his secret for only so long.

Self-Harm & Suicide

***Girl in Pieces*, by Kathleen Glasgow (YA FIC GLAS, K)**

As she struggles to recover and survive, seventeen-year-old homeless Charlotte "Charlie" Davis cuts herself to dull the pain of abandonment and abuse.

***Paperweight*, by Meg Haston (YA FIC HAST, M)**

Enduring regimented and intrusive treatment at an eating-disorder center, seventeen-year-old Stevie is haunted by guilt for her brother's fatal accident and secretly plans to commit suicide on the anniversary of his death.

***Power to Prevent Suicide*, by Richard Nelson & Judith Galas (YA 362.2 NEL, R)**

Provides information about teen suicide, describes the warning signs and the situations in which people are most likely to be at risk, and provides advice and information on how to help people considering suicide.

***Now Is Everything*, by Amy Giles (YA FIC GILE, A)**

When Hadley McCauley tries to take her own life after an explosive accident, her doctor, friends, family, and the investigator want to know what happened that day, but Hadley's not talking.

***Brave Face: a memoir*, by Shaun David Hutchinson (YA 616.85 HUT, S)**

Shaun David Hutchinson was nineteen. Confused. Struggling to find the vocabulary to understand and accept who he was and how he fit into a community in which he couldn't see himself. Shaun takes readers through the journey of what brought him to the edge, and what has helped him truly believe that it does get better.

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Eating Disorders

***Imperfect: a story of body image*, written by Dounya Awada (YA GRAPHIC IMPE)**

Dounya Awada is a 24-year-old, devout Muslim, happy, healthy, and very much alive. But just a few years before, she nearly starved to death. Her struggle began when she was six years old. Little Dounya wanted nothing less than to be perfect, like her mother. She pushed herself hard every day, excelling in schoolwork and at home.

***Lighter Than My Shadow*, by Katie Green (YA GRAPHIC LIGH)**

A graphic memoir of eating disorders, abuse and recovery. *Lighter Than My Shadow* is a hand-drawn story of struggle and recovery, a trip into the black heart of a taboo illness; an exposure of those who are so weak as to prey on the weak, and an inspiration to anybody who believes in the human power to endure towards happiness.

***Not Hungry*, by Kate Karyus Quinn (YA FIC QUIN, K)**

June is fat. June also has an eating disorder. But no one sees. When she doesn't eat, her friends and family think they see a fat girl on a diet, not someone starving herself. When June's secret is found out by Toby, the new boy next door, she is panicked. Then she learns he also has a secret. Everyone has their own little lies.

***Paperweight*, by Meg Haston (YA FIC HAST, M)**

Enduring regimented and intrusive treatment at an eating-disorder center, seventeen-year-old Stevie is haunted by guilt for her brother's fatal accident and secretly plans to commit suicide on the anniversary of his death.

***Wintergirls*, by Laurie Halse Anderson (YA FIC ANDE, L)**

Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder.

Addiction & Substance Abuse

***Brave Enough*, by Kati Gardner (YA FIC GARD, K)**

The lives of Davis Channing, a cancer surviving recovering addict, and Cason Martin, a ballerina undergoing chemotherapy, intersect in a powerful way at a time when both are struggling to survive life-threatening diseases.

***Heroine*, by Mindy McGinnis (YA FIC MCGI, M)**

When a car crash sidelines Mickey just before softball season, she has to find a way to hold on to her spot as the catcher for a team expected to make a historic tournament run. Behind the plate is the only place she's ever felt comfortable, and the painkillers she's been prescribed can help her get there. The pills do more than take away pain; they make her feel good. But as the pressure to be Mickey Catalan heightens, her need increases, and it becomes less about pain and more about want, something that could send her spiraling out of control.

***Looking for Group*, by Rory Harrison (YA FIC HARR, R)**

Dylan's only escape has been in the form of his favorite video game and the one true friend who makes him feel understood: Nuba. And now that Dylan is suddenly in remission, he wants to take Nuba on a real mission. But Nuba is fighting her own battles. As they navigate, they grapple with Nuba's father (who refuses to recognize his daughter's true gender), Dylan's addiction, and the messy, complicated romance fighting to blossom through the cracks of their hearts.

***The Princesses of Iowa*, by M. Molly Backes (YA FIC BACK, M)**

After being involved in a drunk driving accident in the spring, Paige Sheridan spends the summer in Paris as an au-pair and then returns to her suburban Iowa existence for her senior year of high school, where she begins to wonder if she wants more out life than being popular, having a handsome boyfriend and all the latest clothes, and being a member of the social elite.