



**Wellbeing and Mental Health Young Adult**

Aug-20

Title	Author		
15 days without a head	Cousins, Dave	Alcohol abuse	
Wrecked	Swindells, Robert	Alcohol abuse	
Martyn Pig	Brooks, Kevin	Alcohol abuse - Dad	
The Taming of Lilah May	Curtis, Vanessa	Anger	
Blood family	Fine, Anne	Anger	
Beautiful broken things	Barnard, Sara	Anxiety	
Fierce fragile hearts	Barnard, Sara	Anxiety	
Am I normal yet?	Bourne, Holly	Anxiety	
The Bone Dragon	Casale, Alexia	Anxiety	
The Perks of Being a Wallflower	Chbosky, Stephen	Anxiety	
Running on the Cracks	Donaldson, Julia	Anxiety	
Finding Audrey	Kinsella, Sophie	Anxiety	
'Optimists die First'	Nielsen, Susin	Anxiety	
Under Water	Reichardt, Marisa	Anxiety	
Fangirl	Rowell, Rainbow	Anxiety	
Belzhar	Wolitzer, Meg	Anxiety	
Being Miss Nobody	Winter, Tamsin	Anxiety/selective mutism	
Life in a fishbowl	Vlahos, Len	Assisted suicide	Crossover
My sister lives on the mantelpiece	Pitcher, Annabel	Bereavement	
The pieces of ourselves	Harcourt, Maggie	Bipolar	
A tragic kind of wonderful	Lindstrom, Eric	Bipolar	
House of bread	Nichol, Amanda	Bipolar	
A Note of Madness	Suzuma, Tabitha	Bipolar	Crossover
A Voice in the Distance	Suzuma, Tabitha	Bipolar	Crossover
My invented life	Bjorkman, Lauren	Bisexual	
Labyrinth	Cordova, Zoraida	Bisexual	
Long red hair	Fitzgerald, Meags	Bisexual	
The Summer prince	Johnson, Alaya Dawn	Bisexual	
Not otherwise specified	Moskowitz, Hannah	Bisexual	
Ramona Blue	Murphy, Julie	Bisexual	
Noteworthy	Redgate, Riley	Bisexual	
Scrivener's moon	Reeve, Philip	Bisexual	
Gemini Bites	Ryan, Patrick	Bisexual	
Empress of the world	Ryan, Sara	Bisexual	
More happy than not	Silvera, Adam	Bisexual	
Grasshopper Jungle	Smith, Andrew	Bisexual	
Our own private universe	Talley, Robin	Bisexual	
Scars like wings	Stewart, Erin	Body image	
Sara's face	Burgess, Melvin	Body image	
Pretty Funny	Elliott, Rebecca	Body image	
Only Ever Yours	O'Neill, Louise	Body image	
Freak the mighty	Philbrick, W.R.	Body image	
Uglies	Westerfield, Scott	Body image	
Jemima Small versus the Universe	Winter, Tamsin	Body image	
Banish your body Image Thief	Collins-Donnelly, Kate	Body image - NF	
Henry Tumour	McGowan, Anthony	Brain tumour	
Booked	Alexander, Kwame	Bullying	
A murder of crows	Bates, Penny	Bullying	
The scream	Bates, Penny	Bullying	
Don't call me Ishmael	Bauer, Michael Gerard	Bullying	
iBoy	Brooks, Kevin	Bullying	
Kill all enemies	Burgess, Melvin	Bullying	
Inside my head	Carrington, Jim	Bullying	

Driftwood	Cassidy, Cathy	Bullying	
Chinglish	Cheung, Sue	Bullying	
The Icarus Show	Christie, Sally	Bullying	
Weirdo's War	Coleman, Michael	Bullying	
The traitor game	Collins, B.R.	Bullying	
Sticks and stones	Cooper, Abby	Bullying	
Staying fat for Sarah Burns	Crutcher, Chris	Bullying	
Lightning girl	Dixon, Alesha	Bullying	
Drawing a veil	Don, Lari	Bullying	
Being Billy	Earle, Phil	Bullying	
Bubble wrap boy	Earle, Phil	Bullying	
This is what I did	Ellis, Anne Dee	Bullying	
How to fly with broken wings	Elson, Jane	Bullying	
The 100 dresses	Estes, Eleanor	Bullying	
Twister	Forrest, Juliette	Bullying	
The Edge	Gibbons, Alan	Bullying	
The greatest	Gibbons, Alan	Bullying	
Hate	Gibbons, Alan	Bullying	
The lottery	Goobie, Beth	Bullying	
Malarky	Gray, Keith	Bullying	
The best medicine	Hamill, Christine	Bullying	
Paper Butterflies	Heathfield, Lisa	Bullying	
I'm the king of the castle	Hill, Susan	Bullying	
Teen Queens and has beens	Hopkins, Cathy	Bullying	
Ella on the outside	Howe, Cath	Bullying	
Jekyll's mirror	Hussey, William	Bullying	
Hangman	Jarman, Julia	Bullying	
I am Thunder	Khan, Muhammed	Bullying	
Kick the moon	Khan, Muhammed	Bullying	
Eight keys	LaFleur, Suzanne	Bullying	
The chaos of now	Lange, Erin	Bullying	
How to be invisible	Lott, Tim	Bullying	
Fighting back	MacPhail, Cathy	Bullying	
Missing	MacPhail, Cathy	Bullying	
Run Zan run	MacPhail, Cathy	Bullying	
Under the skin	MacPhail, Cathy	Bullying	
A very large expanse of sea	Mafi, Taherah	Bullying	
The truth about Alice	Mathieu, Jennifer	Bullying	
Butterflies, bullies and bad, bad habits	McCombie, Karen	Bullying	
Meet the real world Rachel	McCombie, Karen	Bullying	
The mystery of me	McCombie, Karen	Bullying	
The knife that killed me	McGowan, Anthony	Bullying	
Indigo's star	McKay, Hilary	Bullying	
The Muslims	Mian, Zanib	Bullying	
Jessica's ghost	Norris, Andrew	Bullying	
Bullies and the beast	Peters, Andrew Fusek	Bullying	
Friends?	Phillips, Dee	Bullying	
Paper and Hearts Society	Powrie, Lucy	Bullying	
The harder they fall	Rai, Bali	Bullying	
The last taboo	Rai, Bali	Bullying	
Revenge of the Number Two	Rai, Bali	Bullying	
Ghost boys	Rhodes, Jewell Parker	Bullying	
Eleanor and Park	Rowell, Rainbow	Bullying	
Fuzzy mud	Sachar, Louis	Bullying	
Thornhill	Smy, Pam	Bullying	
Girls at war	Turnbull, Ann	Bullying	

Out of shadows	Wallace, Jason	Bullying	
Them	Weatherly, Lee	Bullying	
Diary of a confused feminist	Weston, Kate	Bullying	
Wolf Hollow	Wolk, Lauren	Bullying	
Seven days	Ainsworth, Eve	Bullying	
Because of you	Ainsworth, Eve	Bullying - cyber	
The Burning	Bates, Laura	Bullying - cyber	
The sky is mine	Beashell, Amy	Bullying - cyber	
Blood Moon	Cutheo, Lucy	Bullying - cyber	
Don't feed the troll	Hickman, John	Bullying - cyber	
Cyber bullying	Hunter, Nick	Bullying - cyber - NF	
Say no to bullying	Spilsbury, Louise	Bullying - NF	
Vicious; true stories by teens	Vanderberg, Hope	Bullying - NF	
Girls against girls: how to stop	Burton, Bonnie	Bullying - NF	
Bullies, cyberbullies and frienemies	Elliott, Michele	Bullying - NF	
Smart	Slater, Kim	Bullying because of Autism	
Better Nate than ever	Federle, Tim	Bullying over sexuality	
See you at Harry's	Knowles, Jo	Bullying over sexuality	
Boys don't cry	Blackman, Malorie	Bullying over sexuality + teenage pregnancy	
Last Summer, first love	Baker, Jennifer	Cancer	
Hope was here	Bauer, J.	Cancer	
Through a glass darkly	Gardner, Jostein	Cancer	
The fault in our stars	Green, John	Cancer	
32C, that's me	Higgins, Chris	Cancer	
Goodbye doesn't mean forever	McDaniel, Lurlene	Cancer	
Too young to die	McDaniel, Lurlene	Cancer	
My sister's keeper	Picoult, Jodi	Cancer	
Keep your hair on	Vercoe, Elizabeth	Cancer	
Black Flamingo	Atta, Dean	Coming out	
Been here all along	Hall, Sandy	Coming out	
Out of pocket	Konigsberg, Bill	Coming out	
Absolute torture!	Limb, Sue	Coming out - Father	
Noah can't even	Green, Simon James	Coming out - Male	
Stranger than fanfiction	Colfer, Chris	Coming out - Male	
Only mostly devastated	Gonzales, Sophie	Coming out - Male	
Openly straight	Konigsberg, Bill	Coming out - Male	
Happy Families	Davis, Tanita	Coming out - Father	
Nothing ever happens here	Hagger-Holt, Sarah	Coming out - Father	
From the notebooks of Melanin Sun	Woodson, Jacqueline	Coming out - Mother	
Paper avalanche	Williamson, Lisa	Compulsive hoarding	
Toffee	Crossan, Sarah	Dementia, abusive parent	
Mike	Norris, Andrew	Depression	
Fan of the impossible	Sceisa, Kate	Depression	
The M word	Conaghan, Brian	Depression, self harm	
We come apart	Crossan, Sarah & Conaghan, Brian	Domestic abuse	
Ghost	Reynolds, Jason	Domestic abuse	
Junk	Burgess, Melvin	Drug abuse	
Trainspotting	Welsh, Irvine	Drugs	Crossover
Wintergirls	Anderson, Laurie Halse	Eating disorder	
Massive	Bell, Julia	Eating disorder	
Summer's Dream	Cassidy, Cathy	Eating disorder	
Skinny	Cooner, Donna	Eating disorder	
Big bones	Dockrill, Laura	Eating disorder	
Countless	Gregory, Karen	Eating disorder	
No big deal	Rutter, Bethany	Eating disorder	
The year I didn't eat	Pollen, Samuel	Eating disorder - Male	

Consumed	Rushton, Abby	Eating disorder/agoraphobia	
Fat boy swim	Forde, Cathy	Eating disorder/bullying	
Gloves off	Reid, Louisa	Eating disorder/bullying	
Butter	Lange, Erin	Eating disorder/suicide	
A quiet kind of thunder	Barnard, Sara	Elective mutism	
After zero	Collins, Christina	Elective mutism	
Silence is goldfish	Pitcher, Annabel	Elective mutism/donor conceived	
The places I've cried in public	Bourne, Holly	Emotional abuse	
Furious thing	Downham, Jenny	Emotional abuse	
Rose interrupted	Lawrence, Patrice	Emotional control	
Sugar Rush	Burchill, Julie	Female same sex relationship	
The miseducation of Cameron Post	Danforth, Emily	Female same sex relationship	
Hollow Pike	Dawson, James	Female same sex relationship	
Down to the bone	Dole, Mayra Lazara	Female same sex relationship	
Tell me again how a crush should feel	Farizan, Sara	Female same sex relationship	
Touching snow	Felin, M. Sindy	Female same sex relationship	
Annie on My Mind	Garden, Nancy	Female same sex relationship	
Darkest light	Goto, Hiromi	Female same sex relationship	
Silhouette of a sparrow	Griffin, Molly Beth	Female same sex relationship	
Deliver us from Evie	Kerr, M. E.	Female same sex relationship	
Adaptation	Lo, Malinda	Female same sex relationship	
Huntress	Lo, Malinda	Female same sex relationship	
The big lie	Mayhew, Julie	Female same sex relationship	
About a girl	McCarry, Sarah	Female same sex relationship	
Keeping You a Secret	Peters, Julie	Female same sex relationship	
Gobi, a girl in pieces	Quintero, Isabel	Female same sex relationship	
Juliet takes a breath	Rivera, Gabby	Female same sex relationship	
The priory of the orange tree	Shannon, Samantha	Female same sex relationship	
The abyss surround	Skrutskie, Emily	Female same sex relationship	
It's not like it's a secret	Sugaira, Misa	Female same sex relationship	
Girl hearts girl	Sutcliffe, Lucy	Female same sex relationship	
Lies we tell ourselves	Talley, Robin	Female same sex relationship	
What we left behind	Talley, Robin	Female same sex relationship	
Laura Dean keeps breaking up with me	Tamaki, Mariko	Female same sex relationship	
Skim	Tamaki, Mariko	Female same sex relationship	
(You) set me on fire	Tamaki, Mariko	Female same sex relationship	
Girlhood	Clarke, Cat	Female same sex relationship/bisexuality	
S/He	Bruton, Catherine	Gender fluidity	
Symptoms of being human	Garvin, Jeff	Gender fluidity/Bullying	
Witch boy	Ostertag, Molly	Gender identity	Graphic Novel
Girl mans up	Girard, M. E.	Gender norms	
If you could be mine	Farizan, Sara	Gender reassignment	
Full disclosure	Garrett, Camryn	HIV/Treatment by others	
Somebody give this heart a pen	Thakur, Sophia	Identity	
Rosie loves Jack	Darbon, Mel	Independence/Downs Syndrome	
Pantomine	Lam, Laura	Intersex	
Golden boy	Tarttelin, Abigail	Intersex	
Boy Queen	Lester, George	LGBTQ+	
Life, interrupted	Kelleher, Damian	LGBTQ+	
Simon vs. the Homo Sapiens agenda	Albertalli, Becky	LGBTQ+	
The upside of unrequited	Albertalli, Becky	LGBTQ+	
Someday this pain will be useful to you	Cameron, Peter	LGBTQ+	Crossover
Proud	Dawson, Juno	LGBTQ+	
The geography club	Hartinger, Brent	LGBTQ+	
Boy meets boy	Levithan, David	LGBTQ+	
Everyday	Levithan, David	LGBTQ+	

Two boys kissing	Levithan, David	LGBTQ+	
The sky is everywhere	Nelson, Jandy	LGBTQ+	
More than this	Ness, Patrick	LGBTQ+	
Release	Ness, Patrick	LGBTQ+	
The rest of us just live here	Ness, Patrick	LGBTQ+	
Sisterland	Newbery, Linda	LGBTQ+	
Girls of paper and fire	Ngan, Natasha	LGBTQ+	
Things a bright girl can do	Nicholls, Sally	LGBTQ+	
We are all made of molecules	Nielsen, Susin	LGBTQ+	
Sam	Norry, Emma	LGBTQ+	
Lies my girlfriend told me	Peters, Anne	LGBTQ+	
Gr!2Gr! Short Fictions	Peters, Julie	LGBTQ+	
The glass republic	Pollock, Tom	LGBTQ+	
Made By Raffi	Pomranz, Craig	LGBTQ+	
Unboxed	Pratt, Non	LGBTQ+	
Stay a little longer	Rai, Bali	LGBTQ+	
Fevercrumb	Reeve, Philip	LGBTQ+	
The necessary hunger	Revoyr, Nina	LGBTQ+	
What I was	Rosoff, Meg	LGBTQ+	
Unspeakeable	Rushton, Abby	LGBTQ+	
Birthday	Russo, Meredith	LGBTQ+	
Aristotle and Dante discover the secrets of the Universe	Saenz, Benjamin Alire	LGBTQ+	
Boyfriends with girlfriends	Sanchez, Alex	LGBTQ+	
Rainbow boys	Sanchez, Alex	LGBTQ+	
So hard to say	Sanchez, Alex	LGBTQ+	
The Boy With the Top Knot	Sanghera, Sathnam	LGBTQ+	
Adam	Schrag, Ariel	LGBTQ+	
Bellman and Black	Setterfield, Diane	LGBTQ+	
Far from you	Sharpe, Tess	LGBTQ+	
History is all you left me	Silvera, Adam	LGBTQ+	
They both die at the end	Silvera, Adam	LGBTQ+	
The Summer of Jordi Perez	Spalding, Amy	LGBTQ+	
First Spring Grass Fire	Spoon, Rae	LGBTQ+	
The centre of my world	Steinhofel, Andreas	LGBTQ+	
The exact opposite of ok	Steven, Laura	LGBTQ+	
Gay people who changed history	Sutherland, Adam	LGBTQ+	
Pulp	Talley, Robin	LGBTQ+	
Someone I loved died	Tangvold, Christine	LGBTQ+	
Hitler's canary	Toksvig, Sandy	LGBTQ+	Crossover
The color purple	Walker, Alice	LGBTQ+	Crossover
The prince and the dressmaker	Wang, Jen	LGBTQ+	
Queens of Geek	Wilde, Jen	LGBTQ+	
Pink	Wilkinson, Lili	LGBTQ+	
Girl Walking Backwards	Williams, Bett	LGBTQ+	
Love Frankie	Wilson, Jacqueline	LGBTQ+	
Kiss	Wilson, Jacqueline	LGBTQ+	
Oranges are not the only fruit	Winterton, Jeanette	LGBTQ+	Crossover
Why be happy when you could be normal?	Winterton, Jeanette	LGBTQ+	Crossover
Love and lies	Wittlinger, Ellen	LGBTQ+	
The house you pass on the way	Woodson, Jacqueline	LGBTQ+	
Will Grayson, will grayson	Green, John & Levithan, David	LGBTQ+	
This book is gay	Dawson, James	LGBTQ+ - NF	
What is gender?	Dawson, Juno	LGBTQ+ - NF	
From prejudice to pride:a history of the LGBTQ+ movement	Lame, Amy	LGBTQ+ - NF	
GLBTQ: The survival guide	Madrone, Kelly	LGBTQ+ - NF	
Money boy	Yee, Paul	LGBTQ+ - parental non acceptance	Crossover

Hideous beauty	Hussey, William	Male same sex relationship	
The five stages of Andrew Brawley	Hutchinson, Shaun David	Male same sex relationship	
'What's up with Jody Barton'	Long, Hayley	Male same sex relationship	
Strange boy	Magrs, Paul	Male same sex relationship	
Hero	Moore, Perry	Male same sex relationship	
I'll give you the sun	Nelson, Jandy	Male same sex relationship	
Heartstopper	Oseman, Alice	Male same sex relationship	Graphic Novel
Anything could happen	Walton, Will	Male same sex relationship	
Swimming in the Monsoon sea	Selvadurai, Shyam	Male same sex relationship	
Are we all lemmings and snowflakes?	Bourne, Holly	Mental health	
Stop Pretending	Sones, Sonya	Mental health	
Finding a voice	Hood, Kim	Mental health and physical disability	
Turtles all the way down	Green, John	Mental health/anxiety	
Zelah Green	Curtis, Vanessa	OCD	
The Shadow keepers	Noelle, Marisa	OCD/Anxiety	
Counting by 7s	Sloan, Holly Goldberg	OCD/Aspergers	
Always here for you	Halahmy, Miriam	Online grooming	
The love hypothesis	Steven, Laura	Same sex parents - Male	
Bang bang you're dead	Dharmi, Narinder	Schizophrenia	
Helicopter man	Fensham, Elizabeth	Schizophrenia	
The million pieces of Neena Gill	Smith-Barton, Emma	Schizophrenia/suicide	
Self-esteem team's guide to sex, drugs and WTFs?!!	Barrett, Grace	Self Esteem - NF	
Ironman	Crutcher, Chris	Stress	
Keep your cool: How to deal with life's worries and stress	Balick, Aaron	Stress - NF	
Fighting invisible tigers:stress management for teens	Hipp, Earl	Stress - NF	
Kite spirit	Brachmachari, Sita	Suicide	
The astonishing colour of after	Pan , Emily X R	Suicide	
Blue	Mayfield, Sue	Suicide bid	
And the stars were burning brightly	Jawando, Danielle	Suicide due to soc media	
All the bright places	Niven, Jennifer	Suicide/anxiety	
f2m:the boy within	Edwards, Hazel	Transgender	
I am J	Beam, Chris	Transgender	
Alex as well	Brugman, Alyssa	Transgender	
Wonderland	Dawson, Juno	Transgender	
The butterfly and the flame	De Young, Dana	Transgender	
Brew	Figueroa, Dane	Transgender	
Being Emily	Gold, Rachel	Transgender	
Jump start the world	Hyde, Catherine Ryan	Transgender	
Almost perfect	Katcher, Brian	Transgender	
Trumpet	Kay, Jackie	Transgender	Crossover
Beyond magenta	Kuklin, Susan	Transgender	
Only we know	Packham, Simon	Transgender	
Luna	Peters, Julie	Transgender	
Gracefully Grayson	Polonski, Ami	Transgender	
If I was your girl	Russo, Meredith	Transgender	
Lizard radio	Schmatz, Pat	Transgender	
Extraordinary birds	Stark-McGinnis, Sandy	Transgender	
The way back home	Stratton, Allan	Transgender	
The art of being normal	Williamson, Lisa	Transgender	
Parrotfish	Wittlinger, Ellen	Transgender	
Some assembly required	Andrews, Arin	Transgender - NF	
Trans Mission: my quest to a beard	Bertie, Alex	Transgender - NF	