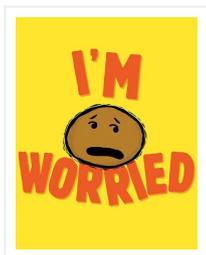


Mental Health & Wellness

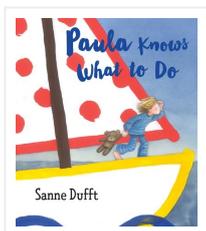
These are some new titles that address mental health and well being. From picture books to Young adult fiction, I hope these books will provide some awareness about the struggles faced by many kids and teens every day. A good book can provide insight and positive ways to help kids cope with their feelings. Here are some new favourites.



I'M WORRIED

By: MICHAEL BLACK | Hardcover
ISBN: 9781534415867 | Price: \$19.19
PICTURE BOOK | Theme(s): Mental Health

A girl, a flamingo, and a worried potato star in the third book in New York Times bestselling author Michael Ian Black and illustrator Debbie Ridpath Ohi's series about feelings—and why they're good, even when they feel bad. Potato is worried. About everything. Because anything might happen. When he tells his friends, he expects them to comfort him by saying that everything will be okay. Except they don't. Because it might not be, and that's okay too. Still, there's one thing they can promise for sure: no matter what happens...they will always be by his side.



PAULA KNOWS WHAT TO DO

By: SANNE DUFFT | Hardcover
ISBN: 9781772780680 | Price: \$17.56
PICTURE BOOK | Theme(s): Death & Grief, Mental Health

A hopeful journey into the heart of a child as she heals her father's sadness at the loss of her mother. One Saturday morning, Daddy won't get out of bed. He misses Paula's mom. Paula misses her too, but she realizes that Mommy wouldn't want them to be sad forever. Paula knows just what to do. Taking out paper and paints, Paula creates a world of rolling seas, blue skies, and—best of all—a boat that she and Dad can sail together. And when the wind blows up a storm, Paula knows just what she and Daddy can do about that too. In this sweet and poignant story about memory and overcoming grief, Sanne Dufft, the author/illustrator of *The Night Lion*, shows how a child's imagination can find a moment of joy and a safe place to land after a loved one is gone.



HAPPY - A BEGINNER'S BOOK OF MINDFULNESS

By: NICOLA EDWARDS | Hardcover
ISBN: 9780593121191 | Price: \$19.19
PICTURE BOOK | Theme(s): MINDFULNESS, Mental Health

This poetically-written introduction to mindfulness touches upon the most important aspects of life--feeling, discovering, smelling, listening, and all the things that bring the world to life. With every soothing read and practice, children are better equipped to understand and control their own emotions...and discover an appreciation for the beautiful world around them.

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WHEN SADNESS IS AT YOUR DOOR

By: EVA ELAND | Hardcover
ISBN: 9780525707189 | Price: \$19.19
PICTURE BOOK | Theme(s): Mental Health

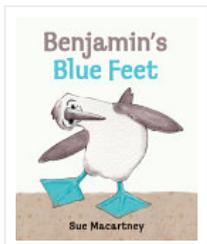
A comforting primer in emotional literacy and mindfulness that suggests we approach the feeling of sadness as if it is our guest. Sadness can be scary and confusing at any age! When we feel sad, especially for long periods of time, it can seem as if the sadness is a part of who we are--an overwhelming, invisible, and scary sensation. In *When Sadness Is at Your Door*, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves. She suggests activities to do with it, like sitting quietly, drawing, and going outside for a walk. The beauty of this approach is in the respect the book has for the feeling, and the absence of a narrative that encourages the reader to "get over" it or indicates that it's "bad," both of which are anxiety-producing notions. Simple illustrations that recall the classic style of Crockett Johnson (*Harold and the Purple Crayon*) invite readers to add their own impressions. Eva Eland's debut picture book is a great primer in mindfulness and emotional literacy, perfect for kids navigating these new feelings--and for adult readers tackling the feelings themselves!



TAKING TIME

By: JO LORINGFISHER | Hardcover
ISBN: 9781911373087 | Price: \$20.79
PICTURE BOOK | Theme(s): MINDFULNESS

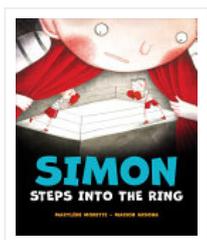
Taking time to listen to a bird's song on the breeze. Taking time to gather up the blossom dancing free. Taking time to imagine the deep sounds of the sea. Taking time to cherish you . . . and cherish me. This poem is inspired by principles of mindfulness and invites children around the world to experience the wonders of nature and home.



BENJAMIN'S BLUE FEET

By: SUE MACARTNEY | Hardcover Canadian
ISBN: 9781772781113 | Price: \$18.36
PICTURE BOOK

A young bird with a flair for discovery and invention learns self-acceptance one blue-footed step at a time.



SIMON STEPS INTO THE RING

By: MARYLENE MONETTE | Hardcover Canadian
ISBN: 9781459821811 | Price: \$15.96
PICTURE BOOK

A little boy learns to acknowledge his temper in this illustrated picture book for young readers.



LITTLE SPACE FOR ME

By: JENNIFER OLSON | Hardcover
ISBN: 9781250206268 | Price: \$20.79
PICTURE BOOK | Theme(s): MINDFULNESS

Sometimes, when it's too loud, too crowded, too messy, too smelly, or for no reason at all, you might just need a little bit of space to feel like yourself again. With clever, inventive art and universally relatable themes, *A Little Space for Me* by Jennifer Gray Olson is a heartwarming picture book about the importance of mindfulness, understanding, and finding a moment of peace within a big, busy world.

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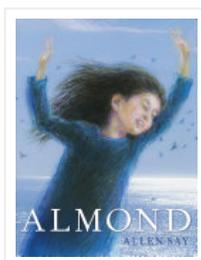
Prices are net and subject to change



HIKE

By: PETE OSWALD | Hardcover
ISBN: 9781536201574 | Price: \$19.19
PICTURE BOOK | Theme(s): Wordless, Diversity

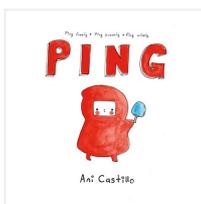
In the cool and quiet early light of morning, a father and child wake up. Today they're going on a hike. Follow the duo into the mountains as they witness the magic of the wilderness, overcome challenges, and play a small role in the survival of the forest. By the time they return home, they feel alive -- and closer than ever -- as they document their hike and take their place in family history. In detail-rich panels and textured panoramas, Pete Oswald perfectly paces this nearly wordless adventure, allowing readers to pause for subtle wonders and marvel at the views.



ALMOND

By: ALLEN SAY | Hardcover
ISBN: 9781338300376 | Price: \$19.99
PICTURE BOOK

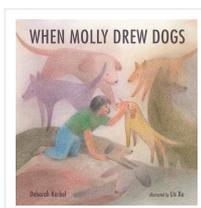
Almond is a breathtaking and evocative story about finding your talent from Caldecott Medalist Allen Say. Everything changes for Almond Biggs when a new girl comes to school. The New Girl can play "The Flight of the Bumblebee" fast fast fast on her violin. And every day Almond sits and listens. Lost in the music, Almond wonders if she has her own unique gift. One special day, as Almond is watching the crows, circling and twirling in the wind, she realizes that she too can spread her wings and discovers the magic to being happy inside and out. Allen Say's luminous artwork and emotionally powerful story help children discover the wondrous gift of being who they are.



PING

By: ANI CASTILLO | Hardcover Canadian
ISBN: 9780316424646 | Price: \$18.79
PICTURE BOOK - ADVANCED | Theme(s): Mental Health

With the visual ingenuity of *Press Here* and the emotional resonance of *What Do You Do with a Problem?*, this wise and timely book about the fragile art of personal connection will strike a chord with children and adults alike. In the era of social media, communication feels both more anxiety-producing, and more inescapable, than ever before. This clever, comforting picture book debut explores the challenges and joys of self-expression and social connection. Using an imaginative visual metaphor to bring to life how we send out (ping!) and receive (pong!) communications, Ani Castillo's words and pictures will empower and inspire anyone who has experienced the fear of sharing themselves with the world. With an artful, accessible package, an eloquent message, and a lot of heart, here is a new classic to bring courage and comfort to humans of all ages.



WHEN MOLLY DREW DOGS

By: DEBORAH KERBEL | Hardcover Canadian
ISBN: 9781771473385 | Price: \$15.16
PICTURE BOOK - ADVANCED | Theme(s): Mental Health, Inter-Generational

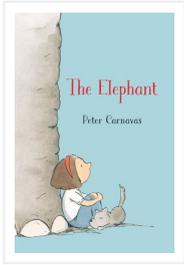
On the night before the first day of school, a pack of stray dogs moves into Molly's head. They are friendly, but a bit wild. They scamper through her thoughts, yap at the door to her dreams, and scratch at her brain, begging to be let out. So Molly starts to draw them. When Molly draws dogs, she feels better—but not everyone can see the value of her strange habit. Her teacher tells her to focus. A special tutor urges her to concentrate. But Molly can't erase the dogs, even if she wants to. As her anxiety peaks, Molly runs away. Once she is found, safe and sound, people around Molly realize the protective power of her pack and how the dogs help tame her troubled feelings. Inspired by the Japanese folktale, "The Boy Who Drew Cats," this story celebrates the healing powers of art and imagination while touching on important issues of anxiety, mental health, and ways to cope with emotions.

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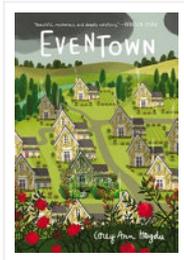
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ELEPHANT

By: PETER CARNAVAS | Hardcover
ISBN: 9781772781021 | Price: \$15.96
JUNIOR FICTION | Theme(s): Mental Health

When Olive's dad drags himself to work in the morning, the elephant goes with him. When he comes home again, so does the elephant. It's always there, heavy and silent, casting a shadow of sadness over him. Olive knows it has been like this since her mother passed away when she was a year old, and she can't stand to see her father burdened anymore. With help from her grandfather and her best friend Arthur, she hatches a plan to rid her family of the elephant once and for all. Before long, she'll learn that while happiness isn't that simple, small things can move mountains--or elephants.



EVENTOWN

By: COREYANN HAYDU | Paperback
ISBN: 9780062689818 | Price: \$7.99
JUNIOR FICTION | Theme(s): Mental Health

An Amazon Best Book of the Month * Kirkus Best Books of 2019 * Kids' Indie Next Pick List * "Beautiful, mysterious and deeply satisfying." --Rebecca Stead, Newbery Medal-winning author of *When You Reach Me* and *Goodbye Stranger* The world tilted for Elodee this year, and now it's impossible for her to be the same as she was before. Not when her feelings have such a strong grip on her heart. Not when she and her twin sister, Naomi, seem to be drifting apart. So when Elodee's mom gets a new job in Eventown, moving seems like it might just fix everything. Indeed, life in Eventown is comforting and exciting all at once. Their kitchen comes with a box of recipes for Elodee to try. Everyone takes the scenic way to school or work--past rows of rosebushes and unexpected waterfalls. On blueberry-picking field trips, every berry is perfectly ripe. Sure, there are a few odd rules, and the houses all look exactly alike, but it's easy enough to explain--until Elodee realizes that there are only three ice cream flavors in Eventown. Ever. And they play only one song in music class. Everything may be "even" in Eventown, but is there a price to pay for perfection--and pretending? "Engrossing." --New York Times Book Review "Enchanting, heart-rending, and bittersweet." --Kirkus Reviews (starred review) "An emotionally complex and wonderfully told story." --School Library Journal (starred review) "Thought-provoking." --Publishers Weekly (starred review)



HURRICANE SEASON

By: NICOLE MELLEBY | Hardcover
ISBN: 9781616209063 | Price: \$19.96
JUNIOR FICTION | Theme(s): Mental Health, LGBTQ2S+

For Fig's dad, hurricane season brings the music. For Fig, hurricane season brings the possibility of disaster. Fig, a sixth grader, loves her dad and the home they share in a beachside town. She does not love the long months of hurricane season. Her father, a once-renowned piano player, sometimes goes looking for the music in the middle of a storm. Hurricane months bring unpredictable good and bad days. More than anything, Fig wants to see the world through her father's eyes, so she takes an art class to experience life as an artist does. Then Fig's dad shows up at school, confused and looking for her. Not only does the class not bring Fig closer to understanding him, it brings social services to their door. As the walls start to fall around her, Fig is sure it's up to her alone to solve her father's problems and protect her family's privacy. But with the help of her best friend, a cute girl at the library, and a surprisingly kind new neighbor, Fig learns she isn't as alone as she once thought . . . and begins to compose her own definition of family. Nicole Melleby's *Hurricane Season* is a radiant and tender novel about taking risks and facing danger, about friendship and art, and about growing up and coming out. And more than anything else, it is a story about love—both its limits and its incredible healing power.

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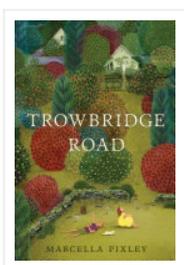
THINGS SEEN FROM ABOVE

By: SHELLEY PEARSALL | Hardcover

ISBN: 9781524717391 | Price: \$18.39

JUNIOR FICTION | Theme(s): Mental Health, Bullying Issues, Special Needs

A shift in perspective can change everything. This brilliant new novel from the author of *The Seventh Most Important Thing* celebrates kids who see the world a little differently. April is looking for an escape from the sixth-grade lunch hour, which has become a social-scene nightmare, so she signs up to be a "buddy bench monitor" for the fourth graders' recess. Joey Byrd is a boy on the fringes, who wanders the playground alone, dragging his foot through the dirt. But over time, April realizes that Joey isn't just making random circles. When you look at his designs from above, a story emerges... Joey's "bird's eye" drawings reveal what he observes and thinks about every day. Told in alternating viewpoints--April's in text and Joey's mostly in art--the story gives the "whole picture" of what happens as these two outsiders find their rightful places.



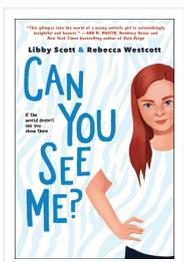
TROWBRIDGE ROAD

By: MARCELLA PIXLEY | Hardcover

ISBN: 9781536207507 | Price: \$19.19

JUNIOR FICTION | Theme(s): Mental Health, Poverty

In a stunning novel set in the 1980s, a girl with heavy secrets awakens her sleepy street to the complexities of love and courage. It's the summer of '83 on Trowbridge Road, and June Bug Jordan is hungry. Months after her father's death from complications from AIDS, her mother has stopped cooking and refuses to leave the house, instead locking herself away to scour at the germs she believes are everywhere. June Bug threatens this precarious existence by going out into the neighborhood, gradually befriendng Ziggy, an imaginative boy who is living with his Nana Jean after experiencing troubles of his own. But as June Bug's connection to the world grows stronger, her mother's grows more distant -- even dangerous -- pushing June Bug to choose between truth and healing and the only home she has ever known. *Trowbridge Road* paints an unwavering portrait of a girl and her family touched by mental illness and grief. Set in the Boston suburbs during the first years of the AIDS epidemic, the novel explores how a seemingly perfect neighborhood can contain restless ghosts and unspoken secrets. Written with deep insight and subtle lyricism by acclaimed author Marcella Pixley, *Trowbridge Road* demonstrates our power to rescue one another even when our hearts are broken.



CAN YOU SEE ME

By: LIBBY SCOTT | Hardcover

ISBN: 9781338608915 | Price: \$19.19

JUNIOR FICTION | Theme(s): Special Needs, Diversity

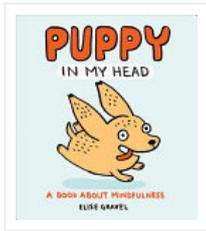
A coming-of-age story about learning to celebrate yourself -- and teaching the world to recognize you, too -- perfect for fans of R. J. Palacio's *Wonder*! "This glimpse into the world of a young autistic girl is astonishingly insightful and honest. Tally's struggles to 'fit in' are heart-wrenching, and her victories are glorious." -- Ann M. Martin, Newbery Honor and New York Times bestselling author of *Rain Reign* Things Tally is dreading about sixth grade:-- Being in classes without her best friends-- New (scratchy) uniforms-- Hiding her autism Tally isn't ashamed of being autistic -- even if it complicates life sometimes, it's part of who she is. But this is her first year at Kingswood Academy, and her best friend, Layla, is the only one who knows. And while a lot of other people are uncomfortable around Tally, Layla has never been one of them . . . until now. Something is different about sixth grade, and Tally now feels like she has to act "normal." But as Tally hides her true self, she starts to wonder what "normal" means after all and whether fitting in is really what matters most. Inspired by young coauthor Libby Scott's own experiences with autism, this is an honest and moving middle-school story of friends, family, and finding one's place.

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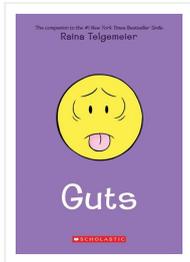
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PUPPY IN MY HEAD

By: ELISE GRAVEL | Paperback Canadian
ISBN: 9781789561197 | Price: \$13.49
GRAPHIC NOVEL CHILDREN'S | Theme(s): Mental Health

Puppy in My Head, by award-winning author-illustrator Elise Gravel, helps children identify and deal with anxiety in an age-appropriate comic-style format.



GUTS

By: RAINA TELGEMEIER | Paperback
ISBN: 9780545852500 | Price: \$13.59
GRAPHIC NOVEL CHILDREN'S | Theme(s): Mental Health

A true story from Raina Telgemeier, the #1 New York Times bestselling, multiple Eisner Award-winning author of Smile, Sisters, Drama, and Ghosts! Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug. Raina eventually returns to school, where she's dealing with the usual highs and lows: friends, not-friends, and classmates who think the school year is just one long gross-out session. It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on? Raina Telgemeier once again brings us a thoughtful, charming, and funny true story about growing up and gathering the courage to face -- and conquer -- her fears.



HOME HOME

By: LISA ALLEN-AGOSTINI | Hardcover
ISBN: 9781984893581 | Price: \$19.19
INTERMEDIATE FICTION | Theme(s): Mental Health, Diversity

Fans of Monday's Not Coming and Girl in Pieces will love this award-winning novel about a girl on the verge of losing herself and the unlikely journey to recovery after she is removed from anything and everyone she knows to be home. Moving from Trinidad to Canada wasn't her idea. But after being hospitalized for depression, her mother sees it as the only option. Now, living with an estranged aunt she barely remembers and dealing with her "troubles" in a foreign country, she feels more lost than ever. Everything in Canada is cold and confusing. No one says hello, no one walks anywhere, and bus trips are never-ending and loud. She just wants to be home home, in Trinidad, where her only friend is going to school and Sunday church service like she used to do. But this new home also brings unexpected surprises: the chance at a family that loves unconditionally, the possibility of new friends, and the promise of a hopeful future. Though she doesn't see it yet, Canada is a place where she can feel at home--if she can only find the courage to be honest with herself.



YEAR WE FELL FROM SPACE

By: AMY KING | Hardcover
ISBN: 9781338236361 | Price: \$18.39
INTERMEDIATE FICTION | Theme(s): Mental Health

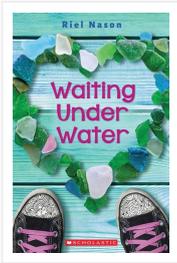
Liberty Johansen is going to change the way we look at the night sky. Most people see the old constellations, the things they've been told to see. But Liberty sees new patterns, pictures, and possibilities. She's an exception. Some other exceptions: Her dad, who gave her the stars. Who moved out months ago and hasn't talked to her since. Her mom, who's happier since he left, even though everyone thinks she should be sad and lonely. And her sister, who won't go outside their house. Liberty feels like her whole world is falling from space. Can she map a new life for herself and her family before they spin too far out of reach?

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WAITING UNDER WATER

By: RIEL NASON | Paperback Canadian
ISBN: 9781443175135 | Price: \$7.19
INTERMEDIATE FICTION | Theme(s): Mental Health

A beautiful celebration of small town life, friendship, and opening up to change! Hope's world is shaken when her parents announce that they're leaving their small New Brunswick town and moving to Toronto for her father's job. Hope's anxiety, manageable before that point, skyrockets as she fears making new friends and leaving her beloved ocean, and the sea glass that she has been carefully nurturing for years. At least there's a tremendous diversion for her final summer - her village of St. David's is one of five entrants in a nationwide TV contest that celebrates "Canada's Tiniest Treasures." In the countdown to the summer's end - and the move date - Hope and her best friend, Willa, dedicate themselves to the St. David's campaign, celebrating what is unique about small town life, and their friendship.



EARTH TO CHARLIE

By: JUSTIN OLSON | Hardcover
ISBN: 9781534419520 | Price: \$20.79
INTERMEDIATE FICTION | Theme(s): Science Fiction, Mental Health

A high school outcast spends his life hoping to be abducted by aliens in this funny, quirky novel about finding your footing in a world that sometimes feels like Mars. Convinced his mother has been abducted by aliens, Charlie Dickens spends his nights with an eye out for UFOs, hoping to join her. After all, she said the aliens would come back for him. Charlie will admit that he doesn't have many reasons to stick around; he doesn't get along well with his father, he's constantly bullied at school and at work, and the only friend he has is his 600-pound neighbor Geoffrey, and Geoffrey's three-legged dog, Tickles. Then Charlie meets popular, easy-going Seth, who shows him what real friendship is all about. For once, he finds himself looking around at the life he's built, rather than looking up. But sooner than he expected, Charlie has to make a decision: should he stay or should he go?



MY BEST FRIEND & OTHER ILLUSIONS

By: SURI ROSEN | Paperback Canadian
ISBN: 9781443146821 | Price: \$7.19
INTERMEDIATE FICTION | Theme(s): Mental Health

What if your imaginary friend from childhood suddenly reappeared . . . only this time he's no figment of your imagination. Charlie, a budding acrobat, is desperate to attend a gymnastics camp that will qualify her for a spot in the renowned travelling circus Circo Circo. But her mom can barely make ends meet and Charlie knows she must find a way to earn the money on her own. The solution seems to come when the perfect gymnastics partner mysteriously appears and they can put on shows. There's just one small thing though . . . this perfect partner is someone Charlie knows well. He's Rudy, her imaginary childhood friend - only this time he's real. The problem with imaginary friends is that they know things about you . . . things that can jeopardize not only Charlie's acrobatic dreams, but also threaten to tear her family even farther apart. This truthful and often funny story is the mark of a rising new voice in Canadian children's literature, and a moving exploration of how to reconcile memory, family, forgiveness and the search for belonging.



COME NOVEMBER

By: KATRIN VANDAM | Paperback
ISBN: 9781338268430 | Price: \$11.19
INTERMEDIATE FICTION | Theme(s): Family Relationships, Mental Health

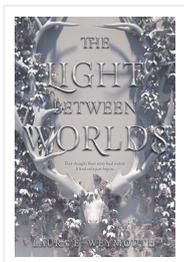
This refreshingly original, contemporary YA debut centers on Rooney, a teen girl struggling to hold her family together in the face of her mother's delusions.

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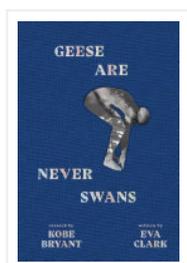
Prices are net and subject to change



LIGHT BETWEEN WORLDS

By: LAURA WEYMOUTH | Paperback Canadian
ISBN: 9780062696885 | Price: \$10.13
INTERMEDIATE FICTION | Theme(s): Mental Health

What happens when you return to the real world after being in a fantastical one like Narnia? This YA debut by Laura E. Weymouth is perfect for fans of Melissa Albert's *The Hazel Wood* and Lev Grossman's *The Magicians*. Six years ago, sisters Evelyn and Philippa Hapwell were swept away to a strange and beautiful kingdom called the Woodlands, where they lived for years. But ever since they returned to their lives in post-WWII England, they have struggled to adjust. Ev desperately wants to return to the Woodlands, and Philippa just wants to move on. When Ev goes missing, Philippa must confront the depth of her sister's despair and the painful truths they've been running from. As the weeks unfold, Philippa wonders if Ev truly did find a way home, or if the weight of their worlds pulled her under. Walking the line between where fantasy and reality meet, this lyrical and magical novel is, above all else, an exploration of loss and healing, and what it means to find where you belong.



GEESE ARE NEVER SWANS

By: KOBE BRYANT | Hardcover
ISBN: 9781949520057 | Price: \$24.99
YOUNG ADULT FICTION | Theme(s): Mental Health

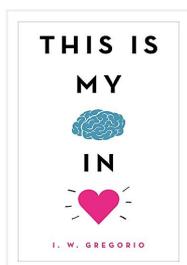
Gus's life is about one thing—swimming. He is determined to make it to the Olympics and he knows that the only coach in town who can get him there is Coach Marks. So it seems like a simple plan: convince Coach Marks to train him. Everything from there on in is just hard work and Gus has never been afraid of hard work. But there are a few complications. For one thing, Coach Marks was Danny's coach. Danny, Gus's older brother, committed suicide after failing to make the national swimming team, a big step on the way to the Olympics. And for another thing, Gus and Danny didn't exactly get along when Danny was alive. Gus never liked living in Danny's shadow, and that shadow has grown even longer since Danny's death. In this powerful novel about the punishing and the healing nature of sports, Gus's rage threatens to swallow him at every turn. He's angry at his brother, his mother, his coach . . . even himself. But as he works through his feelings and toward his goal, Gus does everything he can to channel his anger into excelling at the sport that he and Danny both loved, finding solace in the same place he must face his demons: the water.



WHEN ELEPHANTS FLY

By: NANCY FISCHER | Paperback
ISBN: 9781335667250 | Price: \$10.00
YOUNG ADULT FICTION | Theme(s): Special Needs, Mental Health

T. LILLIAN DECKER HAS A TWELVE-YEAR PLAN. . . .avoid stress, drugs, alcohol and boyfriends, and take regular psych quizzes to see if she's developing schizophrenia. Genetics are not on Lily's side. When she was seven, her mother—who had paranoid schizophrenia—tried to kill her. And a family secret has revealed that Lily's odds are even worse than she thought. Still, there's a chance to avoid triggering the mental health condition, if Lily can live a careful life from ages eighteen to thirty, when schizophrenia most commonly manifests. But when a newspaper internship results in Lily witnessing an elephant try to kill her calf, Lily can't abandon the story or the calf. With the calf in danger of dying from grief, Lily must choose whether to risk everything—including her sanity and first love—on a desperate road trip to save both their lives.



THIS IS MY BRAIN IN LOVE

By: IW GREGORIO | Hardcover
ISBN: 9780316423823 | Price: \$18.39
YOUNG ADULT FICTION | Theme(s): Mental Health

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WHEN YOU ASK ME WHERE I'M GOING

By: JASMIN KAUR | Hardcover Canadian

ISBN: 9780062912619 | Price: \$19.19

YOUNG ADULT FICTION | Theme(s): Diversity, Immigration/Citizenship, Mental Health

Perfect for fans of Rupi Kaur and Elizabeth Acevedo, Jasmin Kaur's stunning debut novel is a collection of poetry, illustrations, and prose. scream so that one day a hundred years from now another sister will not have to dry her tears wondering where in history she lost her voice The six sections of the book explore what it means to be a young woman living in a world that doesn't always hear her and tell the story of Kiran as she flees a history of trauma and raises her daughter, Sahaara, while living undocumented in North America. Delving into current cultural conversations including sexual assault, mental health, feminism, and immigration, this narrative of resilience, healing, empowerment, and love will galvanize readers to fight for what is right in their world.



10 THINGS I CAN SEE FROM HERE

By: CARRIE MAC | Paperback Canadian

ISBN: 9780399556289 | Price: \$11.19

YOUNG ADULT FICTION | Theme(s): Mental Health, LGBTQ2S+, Romance

Perfect for fans of John Green's *Turtles All the Way Down* and Nina LaCour's *We Are Okay*, this is the poignant and uplifting story of Maeve, who is dealing with anxiety while falling in love with a girl who is not afraid of anything. Think positive. Don't worry; be happy. Keep calm and carry on. Maeve has heard it all before. She's been struggling with severe anxiety for a long time, and as much as she wishes it was something she could just talk herself out of, it's not. She constantly imagines the worst, composes obituaries in her head, and is always ready for things to fall apart. To add to her troubles, her mom--the only one who really gets what Maeve goes through--is leaving for six months, so Maeve will be sent to live with her dad in Vancouver. Vancouver brings a slew of new worries, but Maeve finds brief moments of calm (as well as even more worries) with Salix, a local girl who doesn't seem to worry about anything. Between her dad's wavering sobriety, her very pregnant stepmom insisting on a home birth, and her bumbling courtship with Salix, this summer brings more catastrophes than even Maeve could have foreseen. Will she be able to navigate through all the chaos to be there for the people she loves? An ALA Rainbow Book List selection A Bank Street Best Book of the Year "With Maeve, Mac delivers a character who's heartwarmingly real and sympathetic, and her story provides a much needed mirror for anxious queer girls everywhere."--Kirkus, Starred review "This is a good companion book for other anxiety-riddled stories, such as *The Shattering* by Karen Healey, and *Finding Audrey* by Sophie Kinsella."--Booklist "This hopeful offering will resonate with young people for their own lives, even if the journey is hard and takes time and patience...[a] compelling portrait of a teen's experiences with anxiety and challenging family dynamics."--SLJ "Mac carefully makes clear that Maeve is plenty able to find joy other places than the perfect girl and that she's working at dealing with her own problems; the romance is therefore lovely and cozy and free from overtones of dependency. The descriptions of anxiety are true and powerful, and romance buffs will likely revel in a book celebrating deep connection."--The Bulletin "Mac is good at showing how a dread-filled mind works... [An] affecting story."--Publishers Weekly



LIBRARY OF LOST THINGS

By: LAURA NAMEY | Hardcover

ISBN: 9781335928252 | Price: \$19.19

YOUNG ADULT FICTION | Theme(s): Mental Health

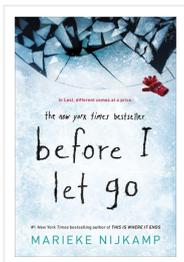
From the moment she first learned to read, literary genius Darcy Wells has spent most of her time living in the worlds of her books. There, she can avoid the crushing reality of her mother's hoarding and pretend her life is simply ordinary. But when a new property manager becomes more active in the upkeep of their apartment complex, the only home Darcy has ever known outside of her books suddenly hangs in the balance. While Darcy is struggling to survive beneath the weight of her mother's compulsive shopping, Asher Fleet, a former teen pilot with an unexpectedly shattered future, walks into the bookstore where she works...and straight into her heart. For the first time in her life, Darcy can't seem to find the right words. Fairy tales are one thing, but real love makes her want to hide inside her carefully constructed ink-and-paper bomb shelter. Still, after spending her whole life keeping people out, something about Asher makes Darcy want to open up. But securing her own happily-ever-after will mean she'll need to stop hiding and start living her own truth—even if it's messy.

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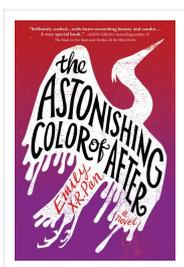
BEFORE I LET GO

By: MARIEKE NIJKAMP | Paperback

ISBN: 9781492668077 | Price: \$12.79

YOUNG ADULT FICTION | Theme(s): Death & Grief, Mental Health

From the author of the #1 New York Times bestseller *This Is Where It Ends* comes another unforgettable story of loss, hope, betrayal, and the quest for truth. Best friends Corey and Kyra were inseparable in their snow-covered town of Lost Creek, Alaska. When Corey moves away, she makes Kyra promise to stay strong during the long, dark winter, and wait for her return. Just days before Corey is to return home to visit, Kyra dies. Corey is devastated and confused. The entire Lost community speaks in hushed tones about the town's lost daughter, saying her death was meant to be. And they push Corey away like she's a stranger. Corey knows something is wrong. With every hour, her suspicion grows. Lost is keeping secrets—chilling secrets. But piecing together the truth about what happened to her best friend may prove as difficult as lighting the sky in an Alaskan winter.



ASTONISHING COLOR OF AFTER

By: EMILY PAN | Paperback

ISBN: 9780316464017 | Price: \$11.99

YOUNG ADULT FICTION | Theme(s): Mental Health, Illness, Suicide

"Emily X.R. Pan's brilliantly crafted, harrowing first novel portrays the vast spectrum of love and grief with heart-wrenching beauty and candor. This is a very special book." --John Green, bestselling author of *The Fault in Our Stars* and *Turtles All the Way Down* A stunning, heartbreaking debut novel about grief, love, and family, perfect for fans of Jandy Nelson and Celeste Ng. An APALA Honor Book A Walter Award Honor Book Leigh Chen Sanders is absolutely certain about one thing: When her mother died by suicide, she turned into a bird. Leigh, who is half Asian and half white, travels to Taiwan to meet her maternal grandparents for the first time. There, she is determined to find her mother, the bird. In her search, she winds up chasing after ghosts, uncovering family secrets, and forging a new relationship with her grandparents. And as she grieves, she must try to reconcile the fact that on the same day she kissed her best friend and longtime secret crush, Axel, her mother was taking her own life. Alternating between real and magic, past and present, friendship and romance, hope and despair, *The Astonishing Color of After* is a stunning and heartbreaking novel about finding oneself through family history, art, grief, and love.



ON A SCALE FROM 1 TO 10

By: CEYLAN SCOTT | Paperback

ISBN: 9781338323771 | Price: \$11.19

YOUNG ADULT FICTION | Theme(s): Mental Health

For fans of John Green and Ned Vizzini, a heart-wrenching and witty novel about a girl with Borderline Personality Disorder who finds a way to live with the guilt of her past. Tamar is admitted to Lime Grove, a psychiatric hospital for teenagers. Lime Grove is home to a number of teenagers with a variety of problems: anorexia, bipolar disorder, behavior issues. Tamar will come to know them all very well. But there's one question she can't... won't answer: What happened to her friend Iris? As Tamar's emotional angst becomes more and more clear to her, she'll have to figure out a path to forgiveness. A shocking, moving, and darkly funny depiction of life in a psychiatric world. A stunning journey of one girl's mental illness and the redemptive power of truth and healing.



SAVING RED

By: SONYA SONES | Paperback

ISBN: 9780062370297 | Price: \$10.00

YOUNG ADULT FICTION | Theme(s): Poverty, Mental Health

Sonya Sones, award-winning author of *What My Mother Doesn't Know*, delivers a gripping, funny, and inspiring novel in verse about what happens when the person you set out to save ends up saving you. Right before winter break, fourteen-year-old Molly Rosenberg reluctantly volunteers to participate in Santa Monica's annual homeless count, just to get her school's community service requirement out of the way. But when she ends up meeting Red, a spirited homeless girl only a few years older than she is, Molly makes it her mission to reunite her with her family in time for Christmas. This turns out to be extremely difficult—because Red refuses to talk about her past. There are

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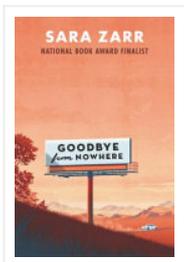
things Molly won't talk about either. Like the awful thing that happened last winter. She may never be ready to talk about that. Not to Red, or to Cristo, the soulful boy she meets while riding the Ferris wheel one afternoon. When Molly realizes that the friends who Red keeps mentioning are nothing more than voices inside Red's head, she becomes even more concerned about her well-being. How will Molly keep her safe until she can figure out a way to get Red home? In Sonya Sones's inspiring novel, two girls, with much more in common than they realize, give each other a new perspective on the meaning of family, friendship, and forgiveness.



DEFINITIONS OF INDEFINABLE THINGS

By: WHITNEY TAYLOR | Paperback
ISBN: 9781328498014 | Price: \$11.99
YOUNG ADULT FICTION | Theme(s): Mental Health

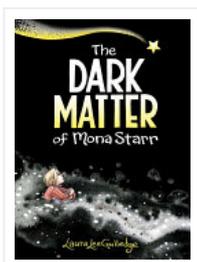
Reggie isn't really a romantic: she's been hurt too often, and doesn't let people in as a rule. Plus, when you're dealing with the Three Stages of Depression, it's hard to feel warm and fuzzy. When Reggie meets Snake, though, he doesn't give her much of a choice. Snake has a neck tattoo, a Twizzler habit, and a fair share of arrogance, but he's funny, charming, and interested in Reggie. Snake also has an ex-girlfriend who's seven months pregnant. Good thing Reggie isn't a romantic. *Definitions of Indefinable Things* follows three teens as they struggle to comprehend love, friendship, and depression--and realize one definition doesn't always cover it.



GOODBYE FROM NOWHERE

By: SARA ZARR | Hardcover
ISBN: 9780062434685 | Price: \$19.19
YOUNG ADULT FICTION | Theme(s): Mental Health

Sara Zarr, author of the National Book Award finalist *Story of a Girl*, returns with an intimate, exquisitely crafted novel of the courage it takes to see those we love for who they are. Kyle Baker thought his family was happy. Happy enough, anyway. That's why, when Kyle learns that his mother has been having an affair and his father has been living with the secret, his reality is altered. He quits baseball, ghosts his girlfriend, and generally checks out of life as he's known it. With his older sisters out of the house and friends who don't get it, the only person he can talk to is his cousin Emily--who is always there on the other end of his texts but still has her own life, hours away. Kyle's parents want him to keep the secret of his mother's affair from the rest of the family until after what might be their last big summer reunion. As Kyle watches the effects of his parents' choices ripple out over friends, family, and strangers, and he feels the walls of his relationships closing in, he has to decide what his obligations are to everyone he cares for--including himself.



DARK MATTER OF MONA STARR

By: LAURA GULLEDGE | Hardcover
ISBN: 9781419742002 | Price: \$15.19
GRAPHIC NOVEL TEEN | Theme(s): Mental Health

A bold and original YA graphic novel about battling your inner doubts and fears--and finding your genius. Sometimes, the world is too much for Mona Starr. She's sweet, geeky, and creative, but it's hard for her to make friends and connect with other people. She's like a lot of sensitive teenagers--but in the hands of graphic novelist Laura Lee Gulledge, Mona's struggle with depression takes on a vivid, concrete form. Mona calls it her Matter. The Matter gets everywhere, telling Mona she's not good enough, and that everyone around her wishes she would go away. But through therapy, art, writing, and the persistence of a few good friends, Mona starts to understand her Matter, and how she--and readers--can turn their fears into strengths. Heartfelt, emotionally vulnerable, and visually stunning, *The Dark Matter of Mona Starr* is a story that takes the inner life of a teenager seriously, while giving readers a new way to look at the universal quest for meaning and connection.



MY STORY STARTS HERE

By: DEBORAH ELLIS | Hardcover Canadian

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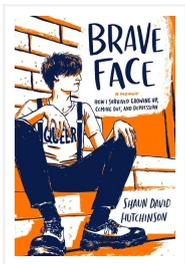
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ISBN: 9781773061214 | Price: \$15.16

SOCIAL STUDIES - ISSUES (ECONOMIC, POLITICAL AND SOCIAL) | Theme(s): SOCIAL JUSTICE , Mental Health

Jamar found refuge in a gang after leaving an abusive home where his mother stole from him. Fred was arrested for assault with a weapon, public intoxication and attacking his mother while on drugs. Jeremy first went to court at age fourteen ("Court gives you the feeling that you can never make up for what you did, that you're just bad forever") but now wears a Native Rights hat to remind him of his strong Métis heritage. Kate, charged with petty theft and assault, finally found a counselor who treated her like a person for the first time. Many readers will recognize themselves, or someone they know, somewhere in these stories. Being lucky or unlucky after an incident of shoplifting, or the drug search at school, or hanging out with the wrong kids at the wrong time. The encounter with a mean cop, or a good one, that can change the trajectory of a kid's life. Couch-surfing, or being shunted from one foster home to another. The effect of youth crime on families (the book includes the points of view of family members as well as "voices of experience" - adults looking back at their own experiences as young offenders). The kids in this book represent a range of socioeconomic backgrounds, genders, sexual orientations and ethnicities. Every story is different, but there are common threads - loss of parenting, dislocation, poverty, truancy, addiction, discrimination. Most of all, this book leaves readers asking the most pressing questions of all. Does it make sense to put kids in jail? Can't we do better? Have we forgotten that we were once teens ourselves, feeling powerless to change our lives, confused about who we were and what we wanted, and quick to make a dumb move without a thought for the consequences?



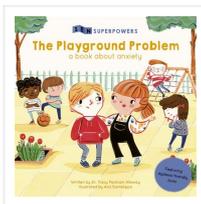
BRAVE FACE

By: SHAUN HUTCHINSON | Hardcover

ISBN: 9781534431515 | Price: \$19.99

BIOGRAPHY (INDIVIDUAL) | Theme(s): Mental Health, LGBTQ2S+

Critically acclaimed author of *We Are the Ants*—described as having “hints of Vonnegut’s *Slaughterhouse-Five*” (School Library Journal)—opens up about what led to an attempted suicide in his teens, and his path back from the experience. “I wasn’t depressed because I was gay. I was depressed and gay.” 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. The voice of depression told him that he would never be loved or wanted, while powerful and hurtful messages from society told him that being gay meant love and happiness weren’t for him. A million moments large and small over the years all came together to convince Shaun that he couldn’t keep going, that he had no future. And so he followed through on trying to make that a reality. Thankfully Shaun survived, and over time, came to embrace how grateful he is and how to find self-acceptance. In this courageous and deeply honest memoir, 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.



PLAYGROUND PROBLEM

By: TRACY ALLOWAY | Hardcover

ISBN: 9780711243255 | Price: \$17.59

MIND & BODY - HEALTH CARE & PROBLEMS | Theme(s): Mental Health

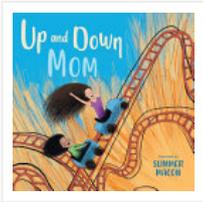
Ruby feels anxious about her show and tell presentation. But when she discovers that Joey is having a hard time at lunch, it's up to Ruby to use her SEN Superpowers to cheer him up. Will it help ease her own anxiety too? *SEN Superpowers: The Playground Problem* explores the topic of anxiety with an empowering story and adorable illustrations. The *SEN Superpowers* series celebrates the positive traits associated with a range of common SEN (Special Education Needs) conditions, boosting the confidence and strength-awareness of children with those conditions, while also allowing for better understanding and positivity among their peers. Each book includes a page of discussion points about the story, a page of tips for how to boost abilities (inclusive for children with and without special educational needs), and, finally, a further page of notes for parents and teachers. The books feature a dyslexic-friendly font to encourage accessibility and inclusivity for all readers.

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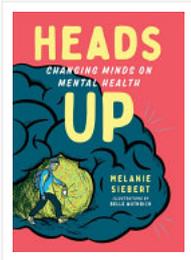
UP & DOWN MOM

By: SUMMER MACON | Hardcover

ISBN: 9781786283405 | Price: \$15.99

MIND & BODY - HEALTH CARE & PROBLEMS | Theme(s): Mental Health

For children who grow up in the care of a parent who has bipolar disorder, life can be filled with anxiety and uncertainty. This story helps us to understand the causes of bipolar disorder and how we can learn to live with someone who has it.



HEADS UP CHANGING MINDS IN MENTAL HEALTH

By: MELANIE SIEBERT | Paperback Canadian

ISBN: 9781459819115 | Price: \$19.96

HIGH SCHOOL - MIND & BODY | Theme(s): Mental Health

This nonfiction book for teen readers is a guide to understanding mental health and coping with mental illness, trauma and recovery. It features real-life stories of resilient teens and highlights innovative approaches to mental health challenges.

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