



Recommended Mental Health Reading List for Teens and Family

- Beyond the Blues: a Workbook to Help Teens Overcome Depression, Lisa Schab
- Bipolar Teen: What You Can Do To Help Your Child and Your Family, David Jay Miklowitz
- Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse, Kyle Keegan
- Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along With Others, Shari Van Dijk
- Eight Stories Up: An Adolescent Chooses Hope Over Suicide, DeQuincy Lezine
- Help Your Teenager Beat an Eating Disorder, James Lock
- Helping Teens Who Cut: Understanding and Ending Self-Injury, Michael Hollander
- If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents, Edna Foa
- If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents, B. Timothy Walsh
- It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living, Dan Savage
- Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia, Kurt Snyder
- Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression, Cait Irwin
- Next to Nothing: a Firsthand Account of One Teenager's Experience with an Eating Disorder, Carrie Arnold
- Shyness & Social Anxiety Workbook for Teens, Jennifer Shannon
- Still Here with Me: Teenagers and Children on Losing a Parent, Suzanne Sjöqvist
- Surviving Your Child's Adolescence: How to Understand and Even Enjoy The Rocky Road To Independence, Carl Pickhardt
- Teens Under the Influence: The Truth About Kids, Alcohol, and Other Drugs; How to Recognize the Problem, and What To Do About It, Katherine Ketcham
- The 4-1-1 On Surviving Teenhood: Helpful Tips For Parents, Michele Skafianos
- The Thought That Counts: A Firsthand Account of One Teenager's Experience With Obsessive-Compulsive Disorder, Jared Kant
- 12 Steps Unplugged: A Young Person's Guide to Alcoholics Anonymous, John Rosengren
- What You Must Think Of Me: A Firsthand Account of One Teenager's Experience With Social Anxiety Disorder, Emily Ford
- Young, Sober & Free: Experience, Strength, and Hope For Young Adults, Shelly Marshall