

# Body, Mind, and Health

books and resourcesforandaboutphysical,mental,andemotional well-being

## **Abuse**

**Abbot, Tony**

Junk Boy

**Avasthi, Swati**

Split

**Glasgow, Kathleen**

Girl in Pieces

**King, A. S.**

Pick the Lock

**Shusterman, Neal**

Bruiser

**Torres Sanchez, Jenny**

The Fall of Innocence

**YA 289.9 FLE**

Death in the Jungle: Murder, Betrayal,  
and the Lost Dream of Jonestown

**YA 362.76 PEL**

A Child Called "It": One Child's  
Courage to Survive

**YA 362.8292 LAB**

Living in an Abusive Household

**YA 741.5973 SHE**

The Sea in You

## **Addiction and Recovery**

**Ameyaw, Maya**

When It All Syncs Up

**Brothers, Megan**

Debbie Harry Sings in French

**Brown, Echo**

Black Girl Unlimited: The Remarkable  
Story of a Teenage Wizard

**Buffie, Margaret**

Out of Focus

**Caddow, Kenneth M.**

Gather

**Cousins, Dave**

15 Days without a Head

**Dessen, Sarah**

Lock and Key: A Novel

**Flores-Scott, Patrick**

No Going Back

**Glasgow, Kathleen**

The Glass Girl

**Graves, Byron**

Rez Ball

**Hopkins, Ellen**

Crank

**King, Adina**

The House No One Sees

**Lord, Emery**

All That's Left to Say

**Ogle, Rex**

When We Ride

**Reed, Amy Lynn**

Clean

**Shusterman, Neal**

Roxy

**Woodson, Jaqueline**

Beneath a Meth Moon

**Youngdahl, Shana**

A Catalog of Burnt Objects

**YA 362.29 SHE**

We All Fall Down: Living with  
Addiction

**YA 613.83 RED**

The Dangers of Drug Abuse

**YA 616.86 SHE**

High: Everything You  
Wanted to Know About  
Drugs, Alcohol, and  
Addiction.

## **Agoraphobia**

**Lockington, Mariama**

Forever is Now

## **Anxiety**

**Elliot, Victoria Grace**

Please Be My Star

**Henry, Katie**

Let's Call It a Doomsday

**McDowell, Kara**

One Way or Another

**Mora, Maria Ingrande**

The Immeasurable Depth of  
You

**Oshiro, Mark**

Anger is a Gift

**Stork, Francisco X**

I Am Not Alone

**YA 152.46 COX**

The Book of No Worries: A  
Survival Guide for  
Growing Up

**YA 152.46 SPE**

Beasts in Your Brain:  
Understanding and Living  
with Anxiety and Depression

**YA 616.852 EAR**

Your Brain Needs a Hug: Life, Love,  
Mental Health, and Sandwiches

## **Autism**

**Davis, Deandra**

All the Noise at Once

**McNikoll, Elle**

Some Like it Cold

## **Bipolar Disorder**

**Fraistat, Ann**

A Place for Vanishing

**Stewart, Erin**

The Words We Keep

## **Consent**

**Garrett, Camryn**

Full Disclosure

**Lockhart, E.**

Dramarama

**Niven, Jennifer**

Breathless

**Steven, Laura**

The Exact Opposite of Okay

**YA 176.4 FRE**

The Big Questions Book of Sex and  
Consent

**YA 176.4 HAN**

Can We Talk About Consent?

**YA 176.4 MOO**

Everything You Need to Know about  
Consent

**YA 364.153 STA**

Coping with Sexual Consent

**YA 613.907 CHU**

Ready for It

**YA 613.9071 BRA**

Real Talk about Sex and Consent: What  
Every Teen Should Know

**YA 616.951 STR**

Teens and STDs

## **Eating Disorders**

**Choi, Mary H. K.**

Yolk

**Gonsalves, Florence**

Love & Other Carnivorous Plants

**Griffin, N.**

Just Wreck It All

**Grimes, Shaunta**  
Here I Am

**Kemp, Laekan Zea**  
An Appetite for Miracles

**Lange, Erin Jade**  
Butter

**Martin, Maggie Ann**  
To Be Honest

**Schu, John**  
Louder Than Hunger

**Ying, Victoria**  
Hungry Ghost

**YA 616.852 HUG**  
Beneath the Surface

**YA 616.8526 PET**  
You Are Enough

**YA 741.5973 MEY**  
We Could Be Magic

**Epilepsy**

**Nash, Abbey Lee**  
Breathing Underwater

**Deaf/Hard of Hearing**

**Sortino, Anna**  
On the Bright Side

**Depression**

**Eager, Lindsay**  
Made Glorious

**Ford, Michael Thomas**  
Suicide Notes

**Glasgow, Kathleen**  
Girl in Pieces

**Ho, Joanna**  
The Silence That Binds Us

**Khorram, Adib**  
Darius the Great is Not Okay

**Konigsberg, Bill**  
The Bridge

**McBride, Amber**  
We Are All So Good at Smiling

**Parker, Morgan**  
Who Put This Song On?

**Stewart, Erin**  
The Words We Keep

**Vizzini, Ned**  
It's Kind of a Funny Story

**92 CASTLE**  
Disappearing Act: A True Story

**YA 152.46 SPE**  
The Beasts in Your Brain: Understanding and Living with Anxiety and Depression

**YA 616.852 HUG**  
Beneath the Surface: A Teen's Guide to Reaching Out When You or Your Friend is in Crisis

**YA 616.8527 COG**  
Depression: Insights and Tips for Teenagers

**YA 616.8584 PAC**  
Everything You Need to Know about Suicide and Self Harm

**YA 616.89 DON**  
Don't Call Me Crazy: 33 Voices Start the Conversation about Mental Health

**YA 616.89 LIF**  
Life Inside My Mind: 31 Authors Share Their Personal Struggles

**YA 92 EGBERT**  
Visitations

**Gender and Sexuality**

**Augustine, Myriad**  
Ace of Hearts

**Deaver, Mason**  
I Wish You All the Best

**Levithan, David**  
Two Boys Kissing

**Lundin, Britta**  
Like Other Girls

**Sass, Adam**  
Surrender Your Sons

**Smith, Amber**  
Something Like Gravity

**Stevens, Courtney C.**  
Dress Codes for Small Towns

**Talley, Robin**  
Music from Another World

**Villa, Jonny Garza**  
Fifteen Hundred Miles from the Sun

**YA 306.766 IT**  
It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living

**YA 306.766 LET**  
The Letter Q: Queer Writers' Notes to Their Younger Selves

**YA 306.766 MCK**  
Out!: How to be your Authentic Self

**YA 306.766 PIT**  
The Stonewall Riots: Coming Out in the Streets

**YA 306.766 KUK**  
Beyond Magenta: Transgender Teens Speak Out

**YA 616.694 MCG**  
Gender Dysphoria

**YA 741.5973 CUR**  
Flamer  
For more LGBTQIA+ books and resources, as for the teen LGBTQIA+ List!

**Grief**

**Browne, Mahogany L.**  
A Bird in the Air Means We Can Still Breathe

**Cole, Tillie**  
A Thousand Boy Kisses  
A Thousand Broken Pieces

**Forman, Gayle**  
After Life

**Muñoz, Gloria**  
This is the Year

**River, Karen**  
A Pretty Implausible Premise

**Silvera, Adam**  
The Survivor Wants to Die at the End

**Stocker, Shannon**  
Stronger at the Seams

**Turk, Mariko**  
I'll Be Waiting for You

**Yu, Jennifer**  
Grief in the Fourth Dimension

**YA 741.5973 LEE**  
49 Days

**Health**

**Brown, Scott**  
XL

**Browne, Mahogany L.**  
A Bird in the Air Means We Can Still Breathe

**Forrest, Claire**  
Where You See Yourself

**Green, John**  
The Fault in Our Stars

**Hayden, Chaz**  
The First Thing About You

**Herbach, Geoff**  
Cracking the Bell

**Kemp, Laekan Zea**  
An Appetite for Miracles

**Moskowitz, Hannah**  
Sick Kids in Love

**Reichardt, Marisa**  
A Shot at Normal

**Sortino, Anna**  
Give Me a Sign  
On the Bright Side

**Stocker, Shannon**

Stronger at the Seams

**Sylvester, Natalia**

Breathe and Count Back from Ten (hip dysplasia)

**Toney, Kelsey B**

The Unexpected Consequence of Bleeding on a Tuesday

**Van Wagenen, Maya**

Chronically Dolores

**YA 152.46 COX**

The Book of No Worries: A Survival Guide to Growing Up

**YA 158.1 MOR**

Positively Teen: A Practical Guide to a More Positive, More Confident You

**YA 306.4 TOV**

The Self Love Revolution: Radical Body Positivity for Girls of Color

**YA 599.938 BOH**

Eve: How the Female Body Shaped Human Evolution

**YA 612.0083 RED**

Body Drama

**YA 612.6 BLO**

Helloflo: The Guide, Period

**YA 612.60 OKA**

Period Power: A Manifesto for the Menstrual Movement

**YA 741.5973 GAR**

Teen Titans: Starfire

**YA 741.5973 WIL**

Go With the Flo

**YA 92 EARL**

This Star Won't Go Out: The Life and Words of Esther Grace Earl

**YA 92 ROBINSON**

Whale Eyes

**Neurodevelopmental Disorders****Eddings, Mazey**

Tilly in Technicolor

**OCD****Cole, Olivia A.**

Ariel Crashes a Train

**Pregnancy and Parenthood****Acevedo, Elizabeth**

With the Fire on High

**Ixta, Caroline**

Shut Up, This is Serious

**Mather, Janice Lynn**

Learning to Breathe

**Pink, Randi**

Girls Like Us

**Thomas, Angie**

Concrete Rose

**Waller, Sharon Biggs**

Girls on the Verge

**YA 306.8742 SHA**

My Girlfriend's Pregnant!: A Teen's Guide to Becoming a Dad

**YA 306.8743 AN**

Coping with Teen Pregnancy

**YA 306.8743 THI**

Dealing with Teen Pregnancy

**YA 613.94 BEN**

Everything You Need to Know About Birth Control

**Self Harm****Glasgow, Kathleen**

Girl in Pieces

**Griffin, N.**

Just Wreck it All

**Hoban, Julia**

Willow

**Hopkins, Ellen**

Impulse

**McCormick, Patricia**

Cut

**Oates, Joyce Carol**

Two or Three Things I Forgot to Tell You

**Schraff, Anne E.**

Like a Broken Doll

**Scott, Ceylan**

On a Scale of 1 to 10

**Stewart, Erin**

The Words We Keep

**Warga, Jasmine**

My Heart and Other Black Holes

**YA 616.852 HUG**

Beneath the Surface: A Teen's Guide to Reaching Out When You or Your Friend is in Crisis

**YA 616.8584 PAC**

Everything You Need to Know About Suicide and Self-Harm

**Sexual Abuse/Harassment****Ali, S. K.**

Saints and Misfits

**Anderson, Laurie Halse**

Speak

**Charles, Tami**

Muted

**Cole, Olivia A.**

Dear Medusa

**Friend, Natasha**

The Wolves are Waiting

**Hartzler, Aaron**

What We Saw

**Konigsberg, Bill**

The Music of What Happens

**Kress, Emma**

Dangerous Play

**Krischer, Hayley**

Something Happened to Ali Greenleaf

**Marchant, Kate**

Whistleblower

**Miller-Lachmann, Lyn**

Torch

**Reed, Amy**

The Nowhere Girls

**YA 362.88 GHA**

Sexual Assault: The Ultimate Teen Guide

**YA 362.88 LAB**

Dating Violence

**YA 623.883 MAY**

Coping with Date Rape and Acquaintance Rape

**YA 364.15 BYE**

Sexual Assault and Abuse

**YA 364.153 YOU**

You Too?

**YA 92 Anderson**

Shout

**Suicide****Ford, Michael Thomas**

Every Star That Falls

**Synesthesia****Parsons, Mark H**

The 9:09 Project



# RESOURCES

1st Choice Pregnancy Medical Center

479-484-5244

Al-Anon Information Source of Fort Smith

479-441-9705

Alcoholics Anonymous

479-783-0123

Antioch for Youth and Family

479-459-0669

Center for Arkansas Legal Services

501-376-3423

Child Protective Services (AR)

1-800-482-5964

Child Abuse Reporting (OK)

1-800-522-3511

Children's Emergency Shelter

479-783-0018

Community Rescue Mission

479-782-1443

Comprehensive Juvenile Services

479-785-4031

Crisis Text Line

HOME to 741741

Fort Smith Boys Home

479-646-2819

Fort Smith Crisis Intervention Center

Local: 479-782-4956

24/7 Hotline: 1-800-359-0056

Girls Shelter of Fort Smith

479-646-0444

Good Samaritan Clinic

479-783-0233

Hannah House

479-782-5683

Heart to Heart Pregnancy Support Center

479-709-9035

HOPE Campus

479-434-4013

LGBT National Hotline

888-843-4564

LGBT Youth Talkline

800-246-7743

LovelsRespectDating Abuse Hotline

1-866-331-9474

TTY: 800.787.3224

Text LOVEIS to 22522

Narcotics Anonymous– Teens

800-477-6291

Narcotics Anonymous– AR

800-338-8750

National Alliance on Mental Health

800-950-6264

Text NAMI to 741741

National Domestic Violence Hotline

800-799-7233

TTY: 800.787.3224

National Runaway Hotline

1-800-786-2929

National Suicide Prevention Hotline

1-800-273-8255 (ENG)

888-628-9454 (SPAN)

National Drug Helpline

844-289-0879

OptionLine (Pregnancy)

800-656-4673

RAINN Sexual Abuse Hotline

800-656-4973

River Valley Teen Support Center

479-345-8336

Riverview Hope Campus

479-668-4764

S.A.F.E. Alternatives (Self-Injury) Hotline

800-366-8288

Safe Haven Baby Boxes Crisis Line (AR)

1-866-992-2291

Suicide Prevention Hotline

1-888-274-7472

Teen Line

800-852-8336

Text TEEN to 836863

*(available everyday from 8pm to 12am)*

The Trevor Project

866-488-7386

Text START to 678678