



BODY, MIND, AND HEALTH



books and resources for and about physical, mental, and emotional well-being

Abuse

Fiction

Abbott, Tony

Junk Boy

Avasthi, Swati

Split

Shusterman, Neal

Bruiser

Torres Sanchez, Jenny

The Fall of Innocence

Nonfiction

YA 362.76 PEL

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

YA 362.8292 LAB

Living in an Abusive Household

Addiction and Recovery

Fiction

Brothers, Megan

Debbie Harry Sings in French

Brown, Echo

Black Girl Unlimited: The
Remarkable Story of a
Teenage Wizard

Buffie, Margaret

Out of Focus

Cousins, Dave

15 Days without a Head

Dessen, Sarah

Lock and Key: A Novel

Ferry, Charles

Binge

Hopkins, Ellen

Crank

Reed, Amy Lynn

Clean

Woodson, Jaqueline

Beneath a Meth Moon

Nonfiction

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

Anxiety

Fiction

Henry, Katie

Let's Call It a Doomsday

McDowell, Kara

One Way or Another

Oshiro, Mark

Anger Is a Gift

Nonfiction

YA 152.46 COX

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

YA 616.852 EAR

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

Consent

Fiction

Garrett, Camryn

Full Disclosure

Lockhart, E.

Dramarama

Niven, Jennifer

Breathless

Steven, Laura

The Exact Opposite of Okay

Nonfiction

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 613.907 WIT

Doing It!

YA 613.9071 BRA

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

YA 616.951 STR

Teens and STDs

Depression

Fiction

Khorram, Adib

Darius the Great is Not Okay

Konigsberg, Bill

The Bridge

Parker, Morgan

Who Put This Song On?

Vizzini, Ned

It's Kind of a Funny Story

Nonfiction

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

Eating Disorders

Fiction

Choi, Mary H. K.

Yolk

Gonsalves, Florence

Love & Other Carnivorous
Plants

Griffin, N.

Just Wreck It All

Lange, Erin Jade

Butter

Martin, Maggie Ann

To Be Honest

Nonfiction

YA 616.852 HUG

Beneath the Surface

YA 616.8526 PET

You Are Enough



Gender and Sexuality

Fiction

- 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

Nonfiction

- 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 306.768 KUK**
Beyond Magenta:
Transgender Teens Speak
Out
- YA 616.694 MCG**
Gender Dysphoria
- YA 741.5973 CUR**
Flamer
- YA 92 KOBABE**
Gender Queer: A Memoir

**For more LGBTQIA+
books and resources,
ask for the teen
LGBTQIA+ List!**

Health

Fiction

- Brown, Scott**
XL
- Green, John**
The Fault in Our Stars
- Herbach, Geoff**
Cracking the Bell
- Moskowitz, Hannah**
Sick Kids in Love
- Reichardt, Marisa**
A Shot at Normal

Nonfiction

- 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 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 WIL**
Go With the Flow
- YA 92 EARL**
This Star Won't Go Out: The
Life and Words of Esther
Grace Earl

Pregnancy and Parenthood

Fiction

- Acevedo, Elizabeth**
With the Fire on High
- Mather, Janice Lynn**
Learning to Breathe
- Pink, Randi**
Girls Like Us
- Thomas, Angie**
Concrete Rose
- Waller, Sharon Biggs**
Girls on the Verge

Nonfiction

- YA 306.8742 SHA**
My Girlfriend's Pregnant!: A
Teen's Guide to Becoming a
Dad
- YA 306.8743 BAN**
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

Fiction

Carlson, Melody

Blade Silver: Color Me Scarred

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

Warga, Jasmine

My Heart and Other Black

Holes

Nonfiction

YA 616.852 HUG

Beneath the Surface: A Teen's

Guide to Reaching Out

When You or Your Friends

is in Crisis

YA 616.8584 PAC

Everything You Need to Know

About Suicide and Self-

Harm

Sexual Abuse/Harassment

Fiction

Ali, S. K.

Saints and Misfits

Anderson, Laurie Halse

Speak

Charles, Tami

Muted

Hartzler, Aaron

What We Saw

Johnston, E. K.

Exit, Pursued by Bear

Konigsberg, Bill

The Music of What Happens

Kress, Emma

Dangerous Play

Krischer, Hayley

Something Happened to Ali

Greenleaf

O'Neill, Louise

Asking for It

Reed, Amy

The Nowhere Girls

Nonfiction

YA 362.88 GHA

Sexual Assault: The Ultimate

Teen Guide

YA 362.88 LAB

Dating Violence

YA 632.883 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



RESOURCES

1st Choice Pregnancy Medical Center

479-484-5244

Al-Anon Information Source of Fort Smith

479-441-9705

Alcoholics Anonymous - Fort Smith

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

LovelsRespect Dating Abuse Hotline

1-866-331-9474

TTY: 800.787.3224

Text LOVEIS to 22522

Narcotics Anonymous- Teens

800-477-6291

Narcotics Anonymous- Arkansas

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 Human Trafficking Hotline

1-888-373-7888

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)

800-712-4357

Text HELPLINE to 313131

RAINN Sexual Abuse Hotline

800-656-4673

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