**Body, Mind, and Health**

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

### 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**

- **YA 616.852 EAR**

### 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

### 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

### 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 613.907 BRA**
  - Real Talk about Sex and Consent: What Every Teen Should Know

- **YA 616.951 STR**
  - Teens and STDs

### 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

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3201 Rogers Avenue | Fort Smith, AR | 479-783-0229 | www.fortsmithlibrary.org
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 152.48 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 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
888-843-4664

LGBT Youth Talkline
800-246-7743

LovIsRespect 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 838863
(available everyday from 8pm to 12am)

The Trevor Project
866-488-7386
Text START to 678678