



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
- Shusterman, Neal**
Roxy
- 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

- Ho, Joanna**
The Silence That Binds Us
- Khorram, Adib**
Darius the Great is Not Okay
- Konigsberg, Bill**
The Bridge
- Parker, Morgan**
Who Put This Song On?

Nonfiction

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

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**
Hello!flo: 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

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



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

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

Sexual Abuse/Harassment

Fiction

- Ali, S. K.**
Saints and Misfits
- Anderson, Laurie Halse**
Speak
- Charles, Tami**
Muted
- Friend, Natasha**
The Wolves are Waiting
- 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