

Mental Health Issues

TEEN Fiction Chappell: Total Constant Order
Upset when her family moves from Vermont to Miami, high-schooler Fin develops OCD and becomes consumed with numbers, counting, irrational worrying, and germs.

TEEN Fiction Dreyer: The Glow Stone
Sixteen-year-old Phoebe wonders if she will suffer chronic depression like her recently-deceased uncle, who shared her passion for rock-collecting, until the terrifying experience of being lost in a cave provides the answer.

TEEN Fiction Ellis: Everything is Fine
When her father leaves for a job out of town, Mazzy is left at home to try to cope with her mother, who has been severely depressed since the death of Mazzy's baby sister.
Also try **Easton's** To Be Mona

TEEN Fiction McCormick: Cut
While confined to a mental hospital, fifteen-year-old Callie comes to understand some of the reasons behind her self-mutilation.
Also try **Stoehr's** Crosses

TEEN Fiction Neufeld: Lisa, Bright and Dark
Sixteen-year-old Lisa suffers from a nervous breakdown that only her closest friends seem to notice and care enough about to try to find a way to help her.

TEEN Fiction Stork: Marcelo in the Real World
Marcelo Sandoval, a seventeen-year-old boy on the high-functioning end of the autistic spectrum, faces new challenges when he goes to work for his father in the mailroom of a corporate law firm.

TEEN Fiction Vizzini: It's Kind of a Funny Story
A humorous account of a New York City teenager's battle with depression and his time spent in a psychiatric hospital.

Also Try **Caletti's** The Nature of Jade, **Schumacher's** Black Box and **Mass's** A Mango-Shaped Space

Physical Health Issues

TEEN Fiction Bingham: Shark Girl
After a shark attack causes the amputation of her right arm, fifteen-year-old Jane struggles to come to terms with her loss and the changes it imposes on her life.

TEEN Fiction Bray: Going Bovine
Cameron Smith, a disaffected sixteen year-old who, after being diagnosed with Creutzfeld Jakob's (aka mad cow) disease, sets off on a road trip with a death-obsessed video gaming dwarf he meets in the hospital in an attempt to find a cure.

TEEN Fiction Cummings: Blindsided
After years of failing eyesight, fourteen-year-old Natalie reluctantly enters a school for the blind, where in spite of her initial resistance she learns the skills that will help her survive in the sighted world.

TEEN Fiction Downham: Before I Die
A terminally ill teenage girl makes and carries out a list of things to do before she dies.
Also try **Crutcher's** Deadline

TEEN Fiction Friesen: Jerk, California
Plagued by Tourette's syndrome and a stepfather who despises him, Sam goes on a road trip designed to help him discover the truth about his life.

Mental, Weight & Physical Health Issues

TEEN Fiction Grab: Alive and Well in Prague, NY

Matisse Osgood and her artist parents move to upstate New York when her father's Parkinson's disease worsens, and Matisse must face high school in a small town as she tries to avoid thinking about her father's future.

TEEN Fiction OWNING: Owning it : stories about teens with disabilities.
Presents ten stories of teenagers facing all of the usual challenges of school, parents, boyfriends and girlfriends, plus the additional complications that come with having a physical or psychological disability.

TEEN Fiction Sonnenblick: Drums, Girls, & Dangerous Pie
When his younger brother is diagnosed with leukemia, thirteen-year-old Steven tries to deal with his complicated emotions, his school life, and his desire to support his family. Also try **Plum-Ucci's** What Happened to Lani Garver

TEEN Fiction VAN DRAANEN: The Running Dream
When a school bus accident leaves sixteen-year-old Jessica an amputee, she returns to school with a prosthetic limb and her track team finds a wonderful way to help rekindle her dream of running again.

Also try **Koertge's** Stoner & Spaz; **Rallison's** Just One Wish; **Halpin's** Forever Changes (cystic fibrosis); **Herbsman's** Breathing (asthma); and **Philbrick's** Freak the Mighty (birth defect)

Suggest a title to be added to this list by emailing rhayes@mvlc.org. This list was created by Robert Hayes, Head of Technical Services, © 2014. (Summaries taken from library catalog.)

Weight Issues

TEEN Fiction Barson: 45 Pounds (More or Less)
When Ann decides that she is going to lose 45 pounds in time for her aunt's wedding, she discovers that what she looks like is not all that matters.

TEEN Fiction Brescia: One Wish
Overweight Wrenn desperately wants to be popular and snag a hot boyfriend. After a crisis reveals her weight-loss tricks, Wrenn realizes there are much more important things than being thin, popular, or even dating a hunk.

TEEN Fiction Dessen: Keeping the Moon
Fifteen-year-old Colie, a former fat girl, spends the summer working as a waitress in a beachside restaurant, staying with her overweight and eccentric Aunt Mira, and trying to explore her sense of self.

TEEN Fiction George: Looks
Two high school girls, one an anorexic poet and the other an obese loner, form an unlikely friendship.

TEEN Fiction Hogan: Pretty Face
When an overweight high school student from Santa Monica spends the summer in Italy, she learns to relish life and understand the true meaning of beauty.

TEEN Fiction Kaslik: Skinny
After the death of their father, two sisters struggle with various issues, including their family history, personal relationships, and an extreme eating disorder.

TEEN Fiction Lange: Butter
Unable to control his binge eating, a morbidly obese teenager nicknamed Butter decides to make live webcast of his last meal as he attempts to eat himself to death.

TEEN Fiction Mackler: The earth, my butt, and other big, round things
Feeling like she does not fit in with the other members of her family, who are all thin, brilliant, and good-looking, fifteen-year-old Virginia tries to deal with her self-image, her first physical relationship, and her disillusionment with some of the people closest to her.

TEEN Fiction Porter: A Dance of Sisters
Although almost totally consumed by her ballet training and her obsession with controlling her weight, thirteen-year-old Delia finds time to worry about her sister Pearl, who has been sent away to a private school.

TEEN Fiction Vaught: Big Fat Manifesto
Overweight, self-assured, high school senior Jamie Carcaterra writes in the school newspaper about her struggles to be taken seriously in a very thin world.

TEEN Fiction Wilson: Girls Under Pressure
Ellie learns to deal with her self-image as she battles anorexia.

Also try: **Going's** Fat Kid Rules the World; **Zarr's** Sweetheart; **Halverson's** Big Mouth; **Metzger's** A Trick of the Light; **Friend's** Perfect