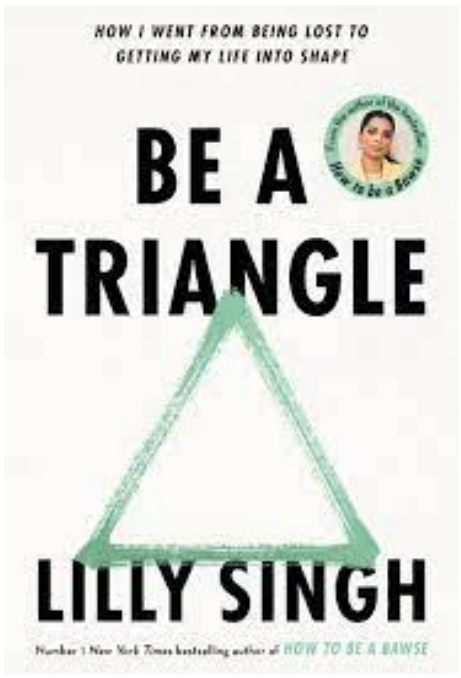
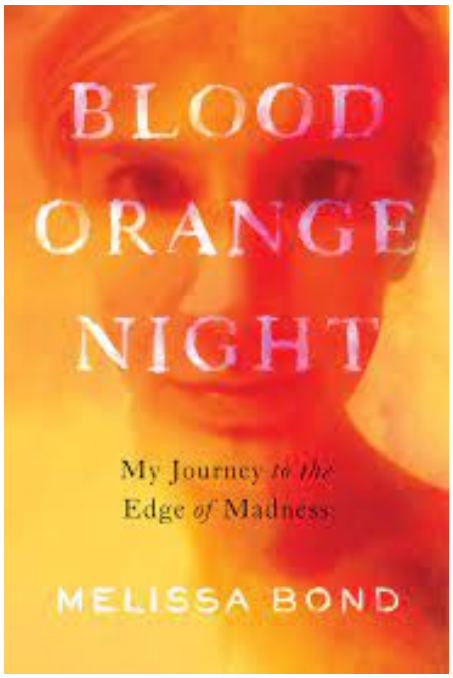
MENTAL HEALTH AWARENESS BOOK LIST
NON-FICTION

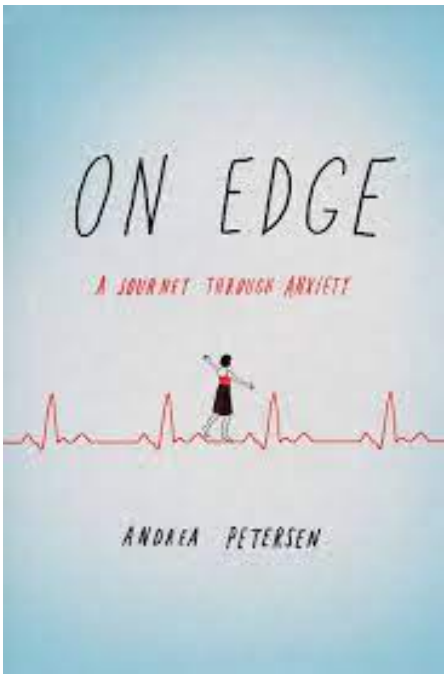
155.2 C



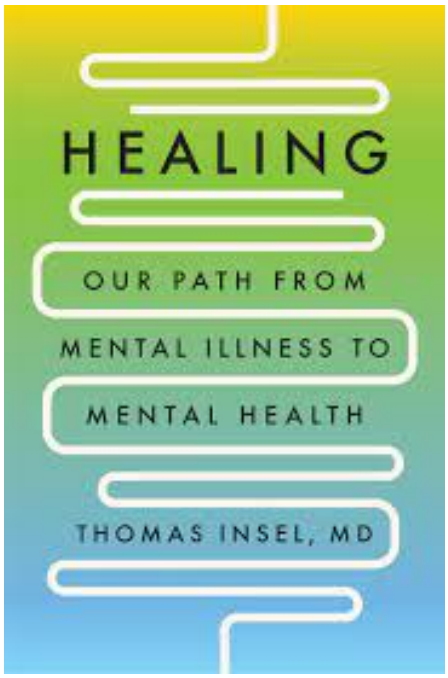
158.1 S



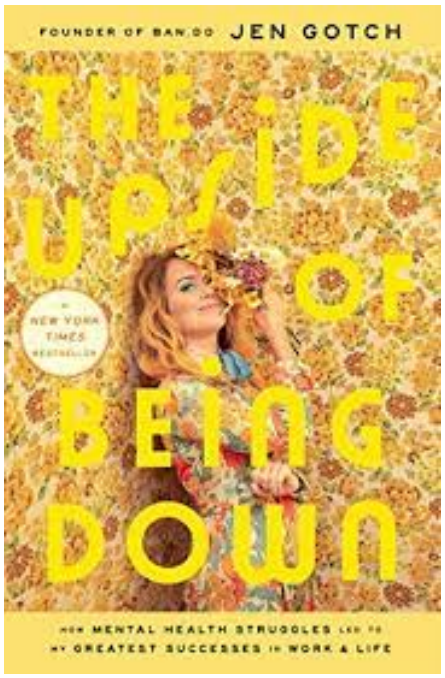
616.84 BON



616.8522 P

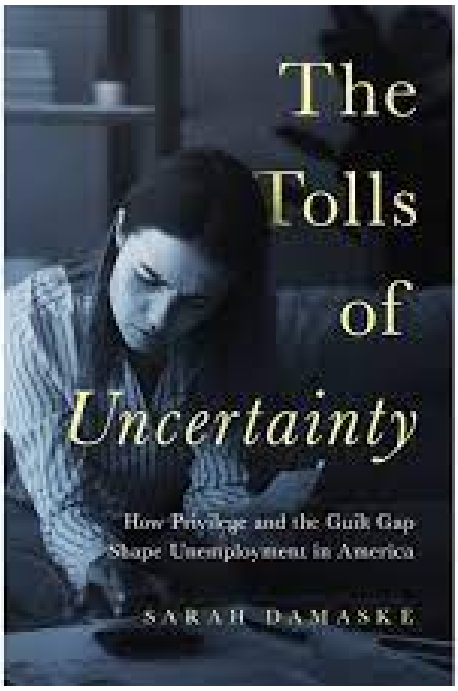


362.2 I



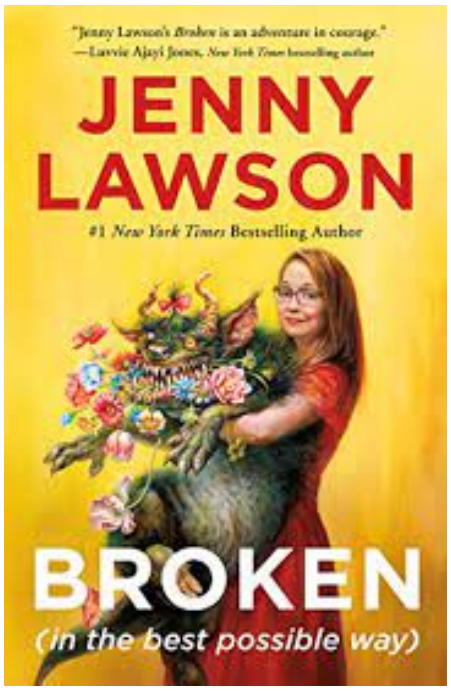
BIOGRAPHY Gotch

MENTAL HEALTH AWARENESS BOOK LIST
NON-FICTION



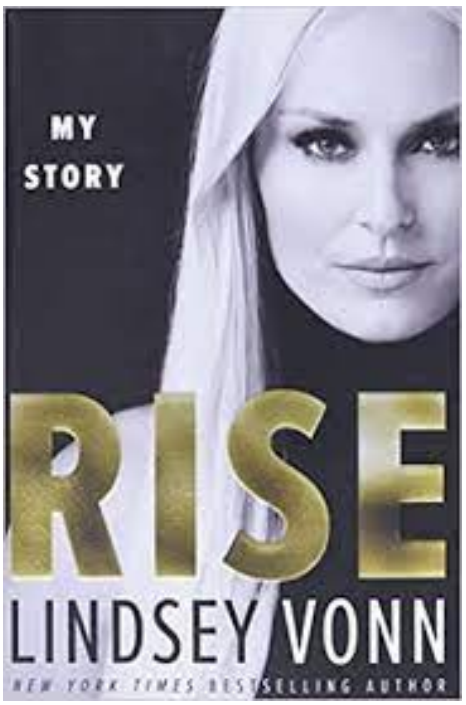
331.13 D

BIOGRAPHY Strong

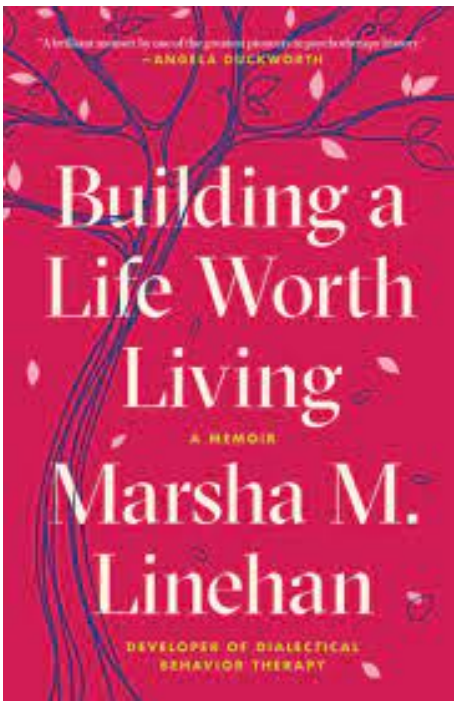


BIOGRAPHY Lawson

362.28 A

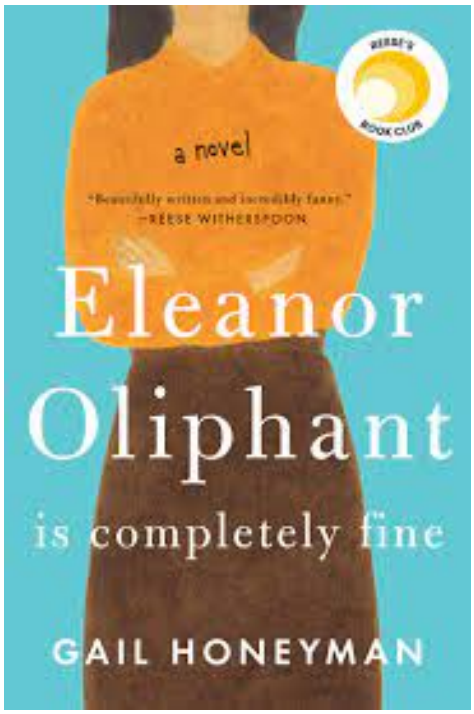


BIOGRAPHY Vonn



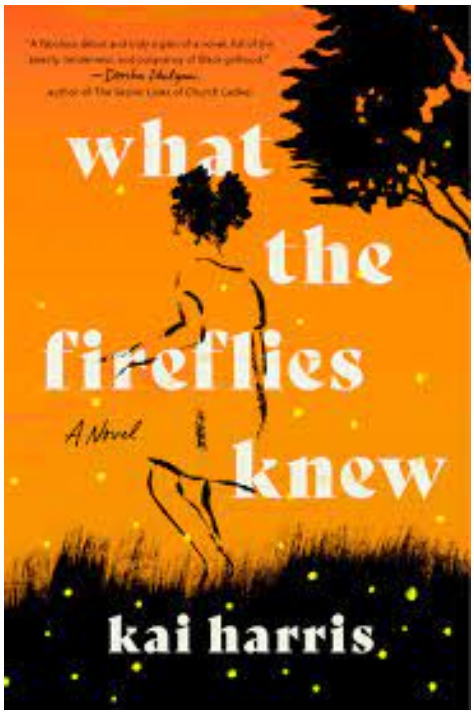
BIOGRAPHY Linehan

MENTAL HEALTH AWARENESS BOOK LIST
ADULT FICTION

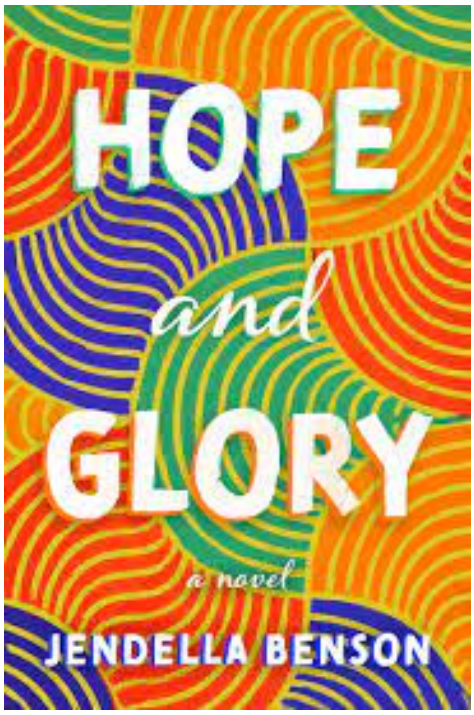


FICTION Honeyman

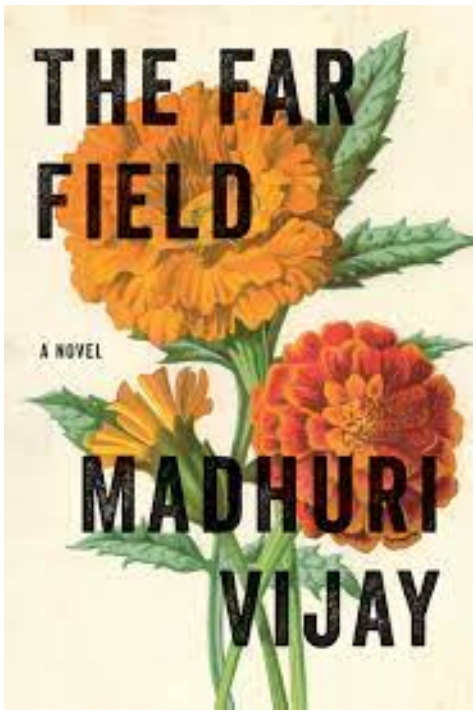
FICTION Keane



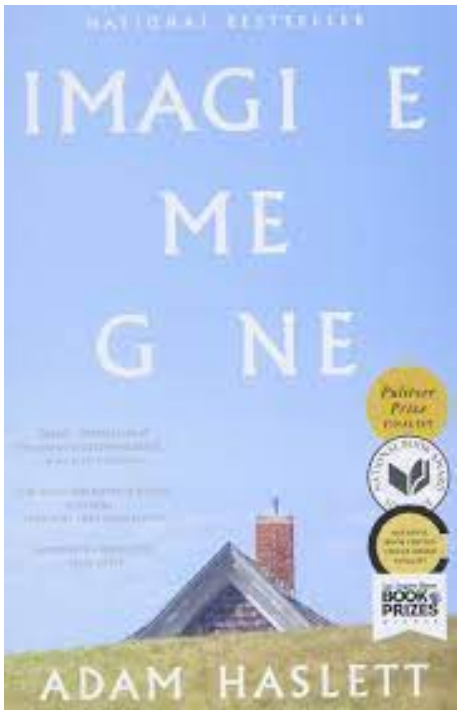
FICTION Harris



FICTION Benson

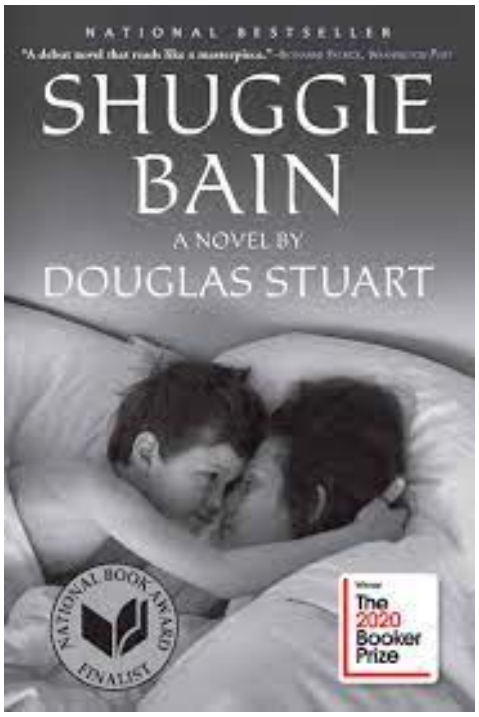


FICTION Vijay

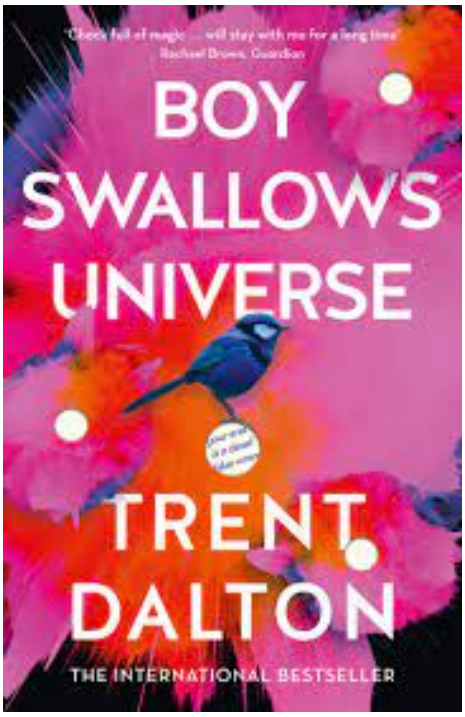


FICTION Haslett

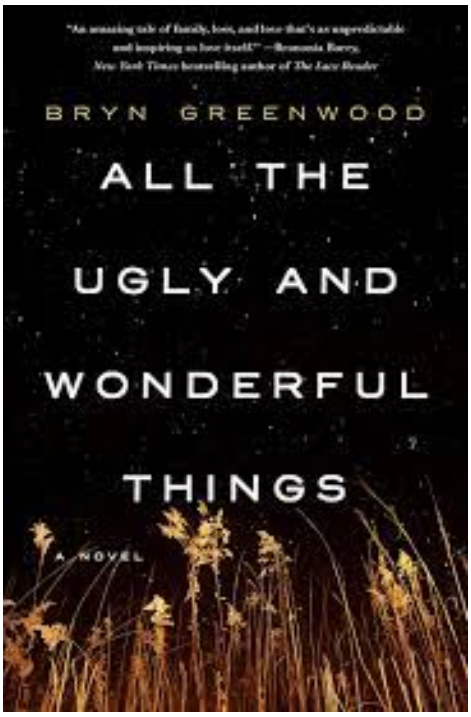
MENTAL HEALTH AWARENESS BOOK LIST
ADULT FICTION



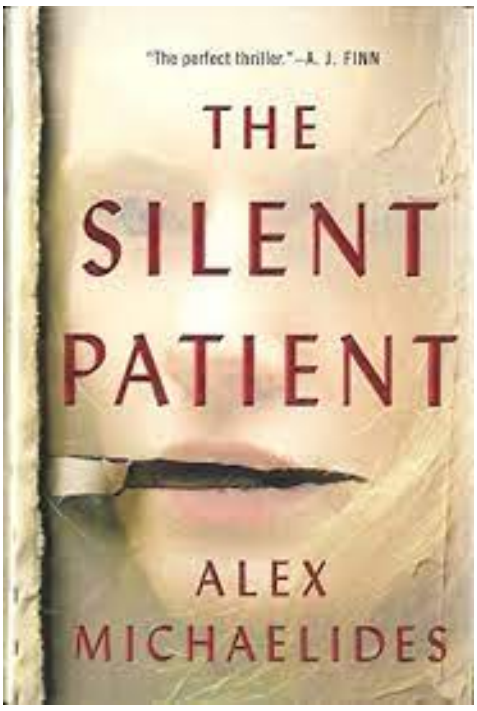
FICTION Stuart



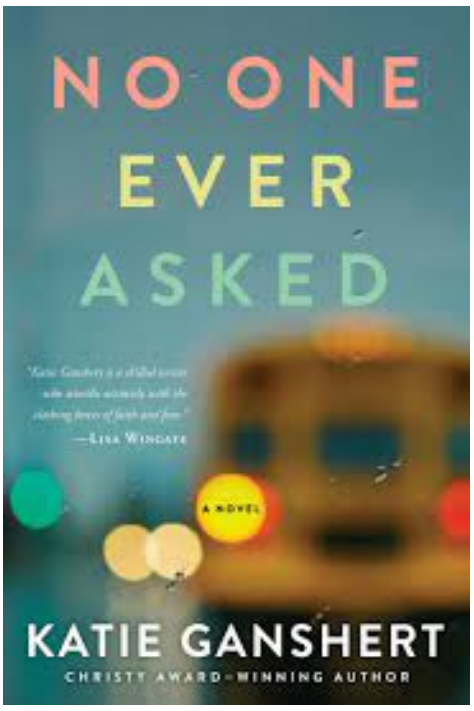
FICTION Dalton



FICTION Greenwood



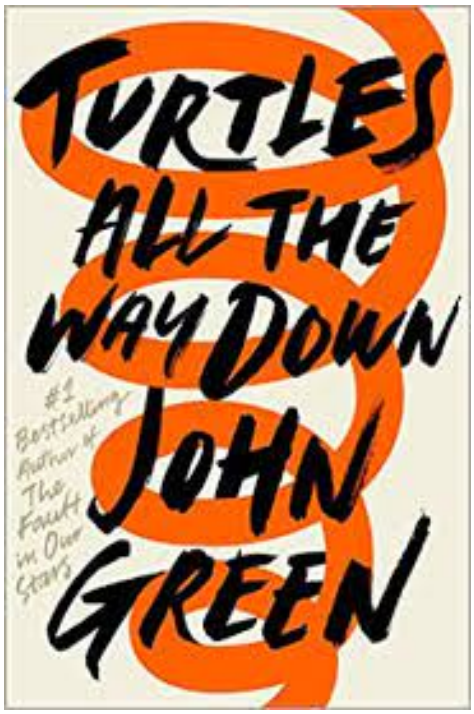
FICTION Michaelides



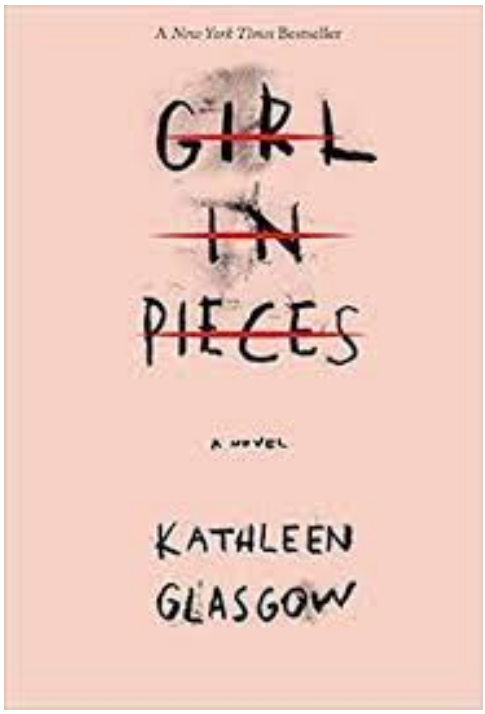
FICTION Ganshert

FICTION Tompkins

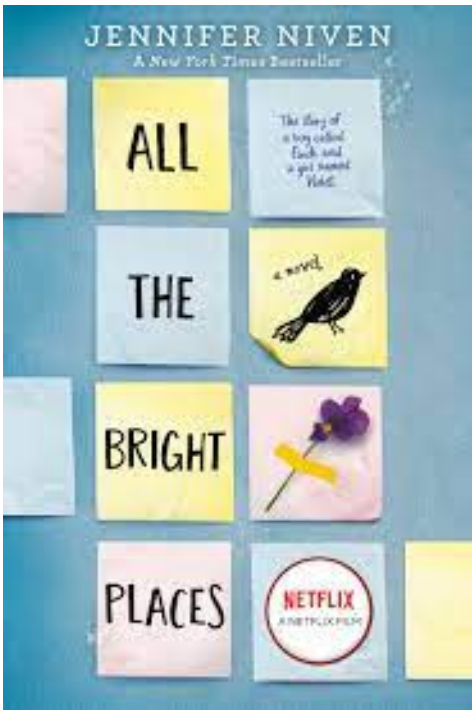
MENTAL HEALTH AWARENESS BOOK LIST
YOUNG ADULT FICTION



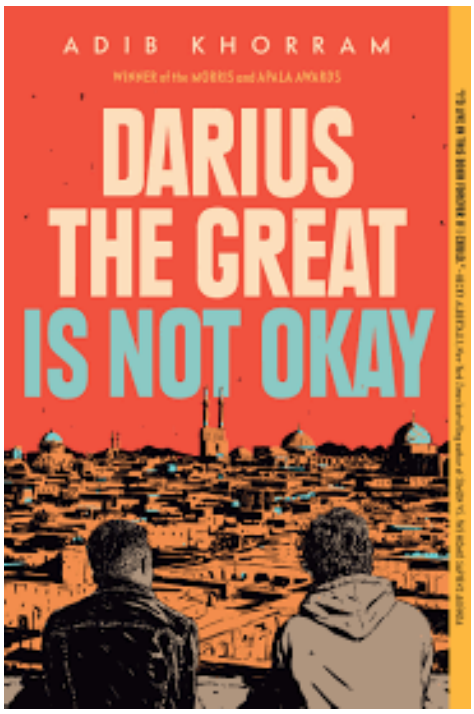
Y FICTION Green



Y FICTION Glasgow



Y FICTION Niven



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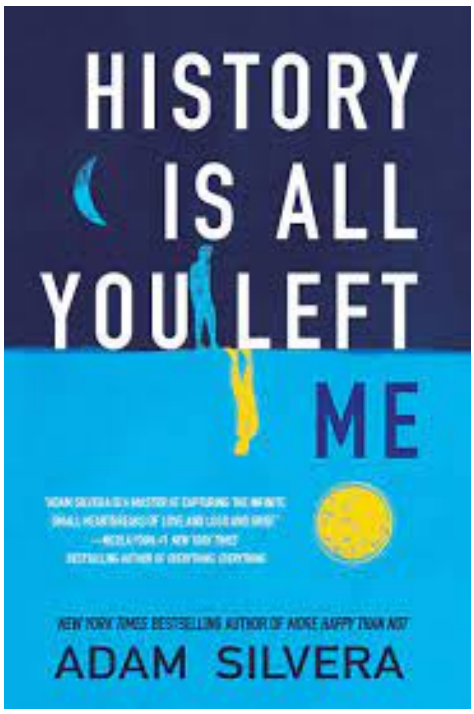
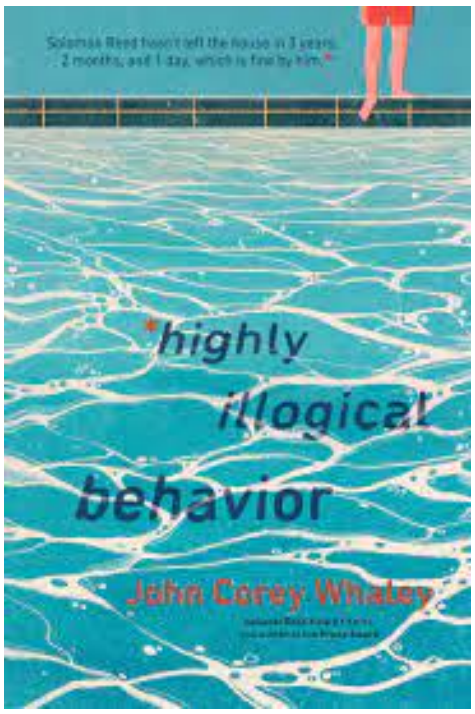
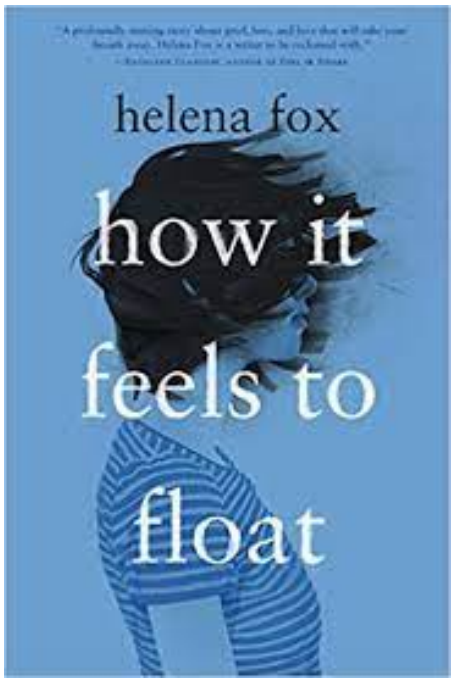


Y FICTION Silvera

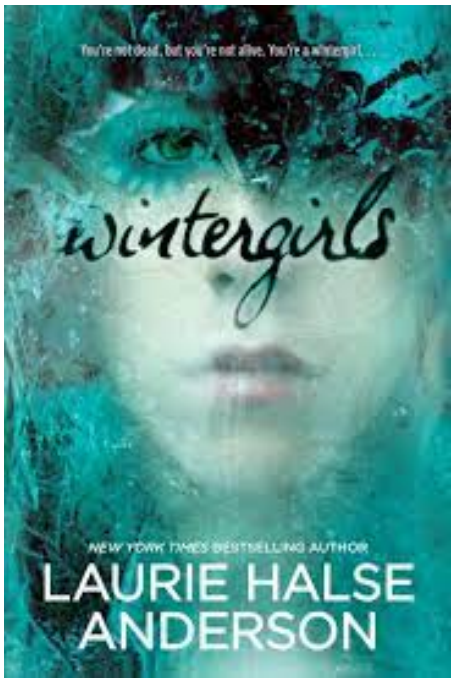


Y FICTION Whaley

MENTAL HEALTH AWARENESS BOOK LIST
YOUNG ADULT FICTION

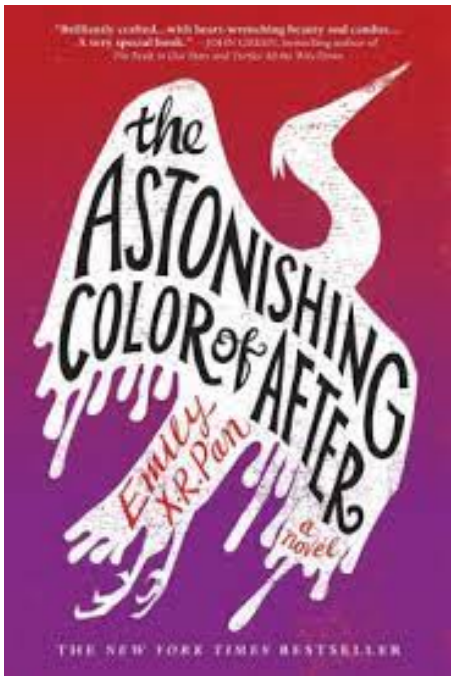


Y FICTION Fox



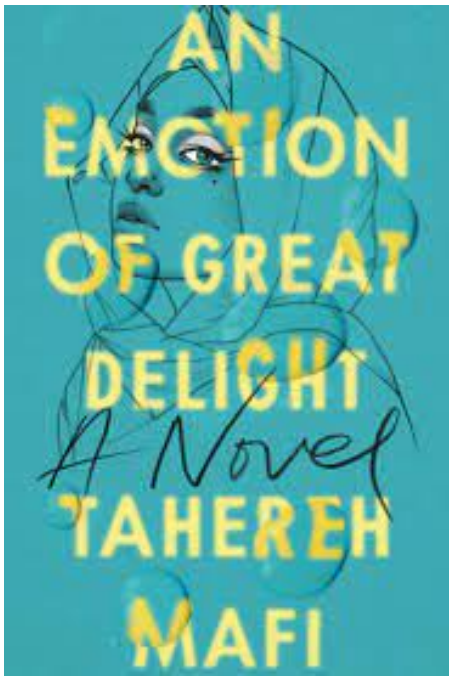
Y FICTION Anderson

Y FICTION Lawson



Y FICTION Pan

Y FICTION Jackson



Y FICTION Mafi

MENTAL HEALTH AWARENESS BOOK LIST
NON-FICTION

Bittersweet : How Sorrow and Longing Make Us Whole / Susan Cain / **155.2 C**

Be a triangle : how I went from being lost to getting my life in shape / Lilly Singh ; illustrations by Simmi Patel / **158.1 S**

Blood orange night : my journey to the edge of madness / Melissa Bond / **616.84 BON**

On edge : a journey through anxiety / Andrea Petersen / **616.8522 P**

Healing : our path from mental illness to mental health / Thomas Insel, MD / **362.2 I**

The upside of being down / Jen Gotch with Rachel Bertsche / **BIOGRAPHY Gotch**

MENTAL HEALTH AWARENESS BOOK LIST
NON-FICTION

The tolls of uncertainty : how privilege and the guilt gap shape unemployment in America / Sarah Damaske / **331.13 D**

This will all be over soon : a memoir / Cecily Strong / **BIOGRAPHY Strong**

Broken : (in the best possible way) / Jenny Lawson, full grown mammal / **BIOGRAPHY Lawson**

One Friday in April : a story of suicide and survival / Donald Antrim / **362.28 A**

Rise : my story / Lindsey Vonn / **BIOGRAPHY Vonn**

Building a life worth living : a memoir / Marsha M. Linehan / **BIOGRAPHY Linehan**

MENTAL HEALTH AWARENESS BOOK LIST
ADULT FICTION

Eleanor Oliphant is completely fine / Gail Honeyman / **FICTION Honeyman**

Ask again, yes : a novel / Mary Beth Keane / **FICTION Keane**

What the fireflies knew : a novel / Kai Harris / **FICTION Harris**

Hope and Glory : a novel / Jendella Benson / **FICTION Benson**

The far field : a novel / Madhuri Vijay / **FICTION Vijay**

Imagine me gone : a novel / Adam Haslett / **FICTION Haslett**

MENTAL HEALTH AWARENESS BOOK LIST
ADULT FICTION

Shuggie Bain : a novel / by Douglas Stuart / **FICTION Stuart**

Boy swallows universe / Trent Dalton / **FICTION Dalton**

All the ugly and wonderful things / Bryn Greenwood / **FICTION Greenwood**

The silent patient / Alex Michaelides / **FICTION Michaelides**

No one ever asked : a novel / Katie Ganshert / **FICTION Ganshert**

What comes after / JoAnne Tompkins / **FICTION Tompkins**

MENTAL HEALTH AWARENESS BOOK LIST
YOUNG ADULT FICTION

Turtles all the way down / John Green / **Y FICTION Green**

Girl in pieces / Kathleen Glasgow / **Y FICTION Glasgow**

All the bright places / Jennifer Niven / **Y FICTION Niven**

Darius the Great is not okay / Adib Khorram /
Y FICTION Khorram

History is all you left me / Adam Silvera / **Y FICTION Silvera**

Highly illogical behavior / John Corey Whaley /
Y FICTION Whaley

MENTAL HEALTH AWARENESS BOOK LIST
YOUNG ADULT FICTION

How it feels to float / Helena Fox / **Y FICTION Fox**

Wintergirls / Laurie Halse Anderson / **Y FICTION Anderson**

The lucky ones / Liz Lawson / **Y FICTION Lawson**

The astonishing color of after / Emily X.R. Pan / **Y FICTION Pan**

White smoke : a novel / by Tiffany D. Jackson /
Y FICTION Jackson

An emotion of great delight / Tahereh Mafi / **Y FICTION Mafi**