

Mental Health Awareness

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Young Adult Fiction

[Symptoms of Being Human](#) by Jeff Garvin

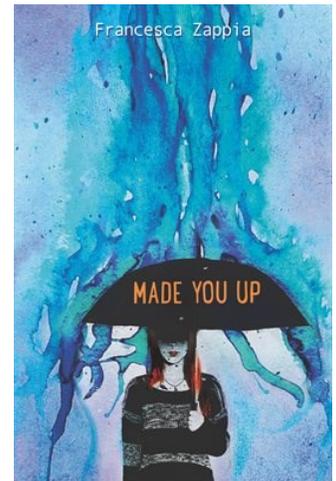
[It's Kind of a Funny Story](#) by Ned Vizzini

[Challenger Deep](#) by Neal Shusterman, Brendan Shusterman

[My Heart and Other Black Holes](#) by Jasmine Warga

[Made You Up](#) by Francesca Zappia

[Every Last Word](#) by Tamara Ireland Stone



Adult Non-Fiction

[Agorafabulous!](#) by Sara Benincasa

[Among the Walking Wounded](#) by John Conrad

[Autism in Heels](#) by Jennifer Cook O'Toole

[First, We Make the Beast Beautiful](#) by Sarah Wilson

[Because We Are Bad](#) by Lily Bailey

[\(Don't\) Call Me Crazy](#) by Kelly Jensen

[Heart Berries](#) by Terese Marie Mailhot

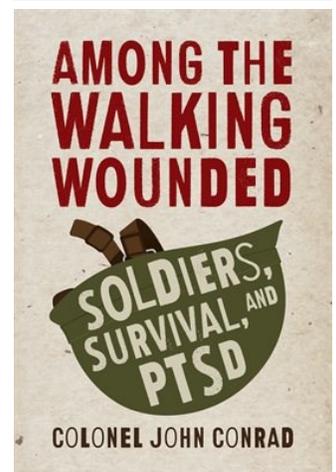
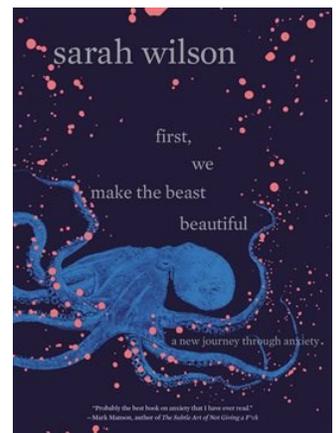
[The Noonday Demon](#) by Andrew Solomon

[Reasons to Stay Alive](#) by Matt Haig

[NeuroTribes](#) by Steve Silberman

[Monkey Mind](#) by Daniel Smith

[I'm Telling the Truth, But I'm Lying](#) by Bassey Ikpi



Book list updated 5/6/20