

THE ANNE FREITAG LIBRARY

Recommended Reading

TEEN CHARACTERS DEALING WITH MENTAL HEALTH



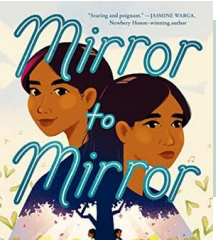
IVELIZ EXPLAINS IT ALL BY ANDREA BEATRIZ ARANGO

Powerful and compassionate, Andrea Beatriz Arango's debut navigates mental health, finding your voice, and discovering that those who really love you will stay by your side no matter what.



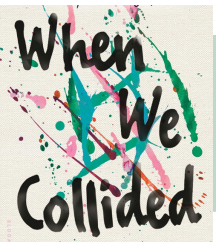
THE STORYTELLER BY BRANDON HOBSON

Ziggy has ANXIETY. Partly this is because of the way his mind works, and how overwhelmed he can get when other people are in the room. And partly it's because his mother disappeared when he was very young.



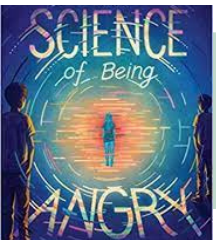
MIRROR TO MIRROR BY RAJANI LAROCCA

A searing and poignant exploration of sisterhood, and all of its complexities. Maya and Chaya's story will help young readers wrestling with anxiety feel less alone, and help crack open many important conversations.



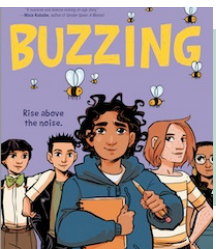
WHEN WE COLLIDED BY EMERY LORD

Can seventeen-year-old Jonah save his family restaurant from ruin, his mother from her sadness, and his danger-seeking girlfriend Vivi from herself?



THE SCIENCE OF BEING ANGRY BY NICOLE MELLEBY

Eleven-year-old Joey navigates family, friendships, and her first crush, while looking for answers to why she feels so angry sometimes and by searching for the donor her moms chose.



BUZZING BY SAMUEL SATTIN

Isaac is a shy boy with OCD, but one day at school he meets new friends who introduce him to role-playing games, which lead him on a journey of self-discovery and growth.

2600 Denali Street, Suite 200 Anchorage, AK 99501
907-343-1301 | cagni@sesa.org | sesa.org/library