

Suicide and Depression

All the Bright Places

By Jennifer Niven

YA NIVEN

Theodore is fascinated by death, especially thinking about his own suicide. Violet is just counting the days until she can get away from her small town and move on with her life.

Meeting each other at the top of the school's clock tower, Violet and Theodore become friends. But as Violet begins to live each day, instead of just counting it, Theodore's life becomes smaller and smaller.

Crazy

By Han Nolan

YA NOLAN

Losing a parent is heartbreaking, losing both of them can destroy you.

Jason knows; his mother has died and his dad is struggling with his mental health. Jason tries to make sense of his life through the help of some imaginary friends, who provide him with guidance and advice to hold his crumbling life together.

The Memory of Light

By Francis X. Stork

YA STORK

Vicky wakes up in the hospital following a suicide attempt, knowing she shouldn't be alive. Meeting other members of her group helps her to reconsider her life before her suicide attempt. But when a crisis forces the group to part ways and sends Vicky back to the life that drove her to try to kill herself, she must rely on her own courage and strength.

My Heart and Other Black Holes

By Jasmine Warga

YA WARGA

Aysel is obsessed with her own death. After suffering through her father's violent crime, Aysel is dealing with whispers and looks from the other students at high school. Worse is her own mother's inability to look at her without wincing. Unsure that she can commit suicide on her own, she discovers a website that offers suicide partners. She chooses Roman, a teen who is dealing with a family tragedy of his own. As Aysel and Roman become friends, Aysel starts to think that being alive isn't so bad, as long as she has Roman. But can she convince him?

Paperweight

By Meg Haston

YA HASTON

Stevie feels trapped in her own life, especially her body. When her dad signs her up for 60 days in residential treatment center, Stevie feels even more like escape is impossible. But Stevie has an out no one knows about; there are only 27 days until the anniversary of her brother Josh's death—a death she caused. If Stevie can pull it off, she will be dead in 27 days.

Project Semicolon

By Amy Bleue

362.28092 BLEUE YA

Project Semicolon was started to raise awareness of mental illness and suicide. In this book, teens share their stories of mental illness and their messages of hope for the future.

I Swear

By Lane Davis

YA DAVIS

Some people will tell you that bullying is something that everyone deals with—ignore it, move on. But for Leslie, it caused her to finally take her own life. When her bullies are brought to justice, the girls who bullied Leslie vow to keep their stories straight and prove that Leslie was a coward. But as more and more of the story is uncovered, will her bullies win or will everyone see the truth?

Your Voice is All I Hear

By Leah Scheier

YA SCHEIER

Jonah is an unexpected joy for April. From the first day, when he decided to sit with her instead of the popular girls, Jonah encourages April to develop her own talents and interests. April and Jonah begin their relationship, but April senses darker currents in Jonah. When his behavior becomes unpredictable, Jonah is sent to the hospital and April needs to face the fact that her boyfriend is struggling with schizophrenia and depression. Everyone urges her to let him go, but April can't.

The Death Of Jayson Porter**By Arnold Adoff****YA ADOFF**

Jayson only wants things to get better. Living in Florida, he struggles to fit into a mostly white school and to please his abusive mom. His dad isn't any better—Jayson tries to keep connected to him, in spite of his dad's drug addiction. As these challenges begin to eat away at his life, Jayson comes to realize that the only thing he has control over is his own life and whether he lives or dies.

Crash into Me**By Albert Borris****YA BORRI**

What could be more fun than a summer road trip? When the four of them fail at their latest suicide attempts, Owen, Frank, Audrey and Jin-Ae meet online. The each promise to be part of a road trip to visit the sites of celebrity suicides and at their final stop, they will all commit suicide. Spending the summer driving around the country causes them to bond, sharing their feelings and becoming true friends. Will they be able to keep their promise or has the summer road trip started them on a different path?

Suicide Notes**By Michael Thomas Ford****YA FORD**

Jeff wakes up on New Year's Day in the psychiatric ward of the hospital with bandages around his wrists. The problem? Jeff is sure he isn't like these other kids that need help. He's pretty sure that he's just fine. Over the next 45 days, Jeff realizes that he might need help too.

Blackbox**By Julie Schumacher****YA SCHUM**

When Elena's older sister is admitted to the hospital with depression, Elena's life takes a nose dive. The only people at school who acknowledge her existence are her sister's friends and Elena's parents constantly argue. And then there's Jimmy Zenk, who's failed at least one grade and wears black every day. All Elena wants is for her sister to get better and come back home.

The Power to Prevent Suicide**By Richard Nelson****362.28 NELSO YA**

When your friend is depressed, you know. If your friend might be considering suicide, they might not tell you. This book helps you recognize the signs of depression and suicidal thinking. Even if you think it wouldn't ever happen to you or one of your friends, this book helps explain how you can help yourself or others.

The Last Time We Say Goodbye**By Cynthia Hand****YA HAND**

Since her brother committed suicide, Lex has been trying to keep her sadness locked away. As she works to put the grief behind her and start putting her life and relationships back together, Lex is haunted by a secret that she can't forget.

Beyond the Blues: A Workbook to Help Teens Overcome Depression**By Lisa Schab****618.92852 SCHAB YA**

Many people suffer from depression, but depression during adolescences it can be difficult to uncover and understand, especially because of all the changes and challenges that teens face. This book can help you understand what you are feeling and help you change the way you look at life and the challenges you face.

Falling Into Place**By Amy Zhang****YA ZHANG**

One cold fall day, Liz Emmerson steers her car into a tree. Why would the most popular girl in school do such a crazy thing? When did she decide that the world was better off without her? Why did she give up or did she?

Dr. Bird's Advice for Sad Poets**By Evan Roskos****YA ROSKO**

James suffers from depression and he uses Dr. Bird, a giant pigeon he created to help him deal. But even Dr. Bird can't help James figure out why his sister was forced to leave home after getting expelled.

When Reason Breaks**By Cindy L. Rodriguez****YA RODRI**

Elizabeth struggles to control her anger, while Emily battles with her depression. The two of them come together in Ms. Diaz's English class, where the words of poet Emily Dickinson resonate with each girl. Standing at the edge, fighting to conquer their own personal demons, can Emily Dickinson's poems be map to a better life?