

## **Nonfiction Books in the Teen Collection**

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### **EMOTIONS AND STRESS**

YA 152.4 Van Dijk  
Van Dijk, Sheri. **Surviving the Emotional Roller Coaster**

Discusses the triggers that send teens on an emotional roller coaster ride and provides advice on how to cope with them.

YA 155.9 Hipp  
Hipp, Earl. **Fighting Invisible Tigers: Stress Management for Teens**

Discusses stress, what it does to your body, how to manage it, and how it affects your life.

YA 155.9 Powell  
Powell, Mark. **Stress Relief: The Ultimate Teen Guide**

Describes the causes of stress, how to recognize and deal with them, and how to alleviate the stress itself by using such methods as breathing exercises, meditation, and creative visualization.

YA 155.9 Pressure  
**Pressure: True Stories by Teens About Stress**

Teens share stories of pressure at school, home, and from relationships, and offer stress-relief techniques, including exercise, music, and writing.

YA 155.9 Reber  
Reber, Deborah. **Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You**

Gives teens the insight and tools they need to manage the pressures of everyday life by offering expert advice and practical stress-reducing techniques.

### **SUICIDE**

YA 362.28 Goldsmith  
Goldsmith, Connie. **Understanding Suicide: A National Epidemic**

What causes people to take their lives? How can suicides be prevented? Looking beyond common myths and misconceptions, this book examines common risk factors including mental illness, substance abuse, domestic abuse, and bullying.

YA 362.28 Teen  
**Teen Suicide**

Discusses teen suicide, causes, and prevention.

### **DEPRESSION AND ANXIETY**

YA 152.4 Shannon  
Shannon, Jennifer. **The Anxiety Survival Guide for Teens**

Uses cognitive behavioral therapy techniques to help teens skillfully work through situations that cause anxiety so they can focus on their goals.

YA 158.12 Young  
**The Young Adult's Guide to Meditation: Easy Techniques That Reduce Stress and Relieve Anger, Anxiety and Depression**

Discusses what meditation is and the different types, and explains how meditation can ease stress and help teens cope with emotions.

YA 616.852 Denkmire  
Denkmire, Heather. **The Truth About Anxiety and Depression**

Focuses on issues relating to fear and depression, including anxiety disorders.

YA 616.852 Moragne  
Moragne, Wendy. **Depression**

Examines the history, forms, and treatment options for depression.

YA 616.852 Tompkins  
Tompkins, Michael A. **My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic**

Helps teens understand what anxiety is and how to deal with anxiety and panic on a daily basis.

YA 616.89 Carson  
Carson, Dale. **Out of Order: Young Adult Manual of Mental Illness and Recovery**

Covers such topics as mental illnesses, suicidal thoughts, personality disorders, learning problems, intellectual disabilities, treatment, and recovery.

## Online Resources

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### Access Science

#### [smpl.org/research](http://smpl.org/research)

This database includes behavioral health topics such as depression, stress, and anxiety. Resources include reference articles, fact sheets and pamphlets, reports, and videos. Access this database at any SMPL library location or from home with a Santa Monica library card.

### SMPL Web Resources: Health and Medicine

#### [smpl.org/Web\\_Resources.aspx](http://smpl.org/Web_Resources.aspx)

Librarian-recommended links to local and national websites on health and wellness, including mental health issues.

## Need More? Try these Websites and Hotlines

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### MedLine Plus – Teen Mental Health

#### [www.nlm.nih.gov/medlineplus/teenmentalhealth.html](http://www.nlm.nih.gov/medlineplus/teenmentalhealth.html)

Links to research, articles, handouts and other topics relating to teen mental health. Sponsored by the U.S. National Library of Medicine.

### Santa Monica Cradle to Career Program Finder

#### [programs.santamonicyouth.net/programs.aspx](http://programs.santamonicyouth.net/programs.aspx)

Use this tool to find local counseling and mental health resources for teens.

### National Suicide Prevention Lifeline

#### [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Are you feeling alone or hopeless? Connect to this free, 24-hour hotline and talk to someone about it. Phone: (800) 273-TALK (8255)

### Teen Line

#### [teenlineonline.org/teens](http://teenlineonline.org/teens)

Teens helping other teens.  
Phone: (310) 855-4673 or text TEEN to 839863

### TeensHealth: Your Mind

#### [kidshealth.org/teen/your\\_mind](http://kidshealth.org/teen/your_mind)

A website with articles on teen mental health issues including depression, body image, dealing with problems, and other feelings and emotions.

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(310) 458-8621 [www.smpl.org](http://www.smpl.org)



# TEEN ISSUES

## Mental Health and You

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