MENTAL HEALTH AWARENESS MONTH

YOUR MIND MATTERS

For Younger Children

For Older Children

Find these titles and more at your local Yolo County Library Branch! | www.yolocountylibrary.org

Banner graphic by Pikisuperstar/Freepik.com
Mental Health Awareness Month: Your Mind Matters

For Teens

- Darius the Great Is Not Okay by Adib Khorram
- Challenger Deep by Neal Shusterman
- Turtles All the Way Down by John Green
- How It Feels to Float by Helena Fox
- The Rest of Us Just Live Here by Patrick Ness
- Little & Lion by Brandy Colbert
- All the Bright Places by Jennifer Niven
- In Pieces by Kathleen Glasgow
- MosquitoLand by David Arnold

For Adults

- Furiously Happy by Jenny Lawson
- Lost Connections: Uncovering the Real Causes of Depression—And the Unexpected Solutions by Johann Hari
- Girl, Interrupted by Susanna Kaysen
- Divergent Mind: Thriving in a World That Wasn't Designed for You by Jennarae Nerenberg
- On Edge: A Journey Through Anxiety by Andrea Petersen
- Everyday Trauma: How Composing Music with the Trauma Survivors of AIDS, War, and Natural Disasters Repaired My Broken Heart by Tracey Thorn, Ph.D.
- The Highly Sensitive Person by Elaine N. Aron, Ph.D.

If you or a loved one are in crisis, you can reach out to the 24/7 crisis hotline at 888-965-6647 or 988.

Find these titles and more at your local Yolo County Library Branch! | www.yolocountylibrary.org