



HELP YOURSELF

If you or a loved one is facing an emergency, tell a trusted adult, call 911, or call one of these anonymous hotlines for immediate help:

NATIONAL SUICIDE PREVENTION LIFELINE

800-273-TALK (8255)

Twenty-four hours a day, seven days a week.

suicidepreventionlifeline.org

CRISIS CALL CENTER

800-273-8255 or text ANSWER to 839863

Twenty-four hours a day, seven days a week - addressing issues related to abuse, incest, mental health, substance abuse, and more.

<http://crisiscallcenter.org/crisisservices.html>

TEENLINE

Get help from other teens over the phone or online. Call (800) TLC-TEEN from 3pm-7pm, or visit teenlineonline.org for chat and message boards.

SELF CARE AND SELF HELP BOOKS FOR TEENS AT YOUR LIBRARY

Mindfulness for Teen Depression by Mitch Abblett

Next to nothing: a firsthand account of one teenager's experience with an eating disorder by Carrie Arnold

Hyperbole and a half: Unfortunate situations, flawed coping mechanisms, mayhem, and other things that happened by Allie Brosh

Out of order: young adult manual of mental illness and recovery by Dale Carlson

GLBTQ: The Survival Guide for gay, lesbian, bisexual, transgender, and questioning teens by Kelly Huegel

Monochrome days: a firsthand account of one teenager's experience with depression by Cait Irwin

The truth about fear and depression by Mark J. Kittleson

The Realm of Possibility by David Levithan

Chill: stress-reducing techniques for a more balanced, peaceful you by Deborah Reber

The Anxiety Workbook for Teens by Lisa M. Schab

Make the grade: everything you need to study better, stress less and succeed in school by Martin Lesley Schwartz

My kind of sad: what it's like to be young and depressed by Kate Scowen

The Anxiety Survival Guide for Teens by Jennifer Shannon

My anxious mind: a teen's guide to managing anxiety and panic by Michael A. Tompkins

The Gender Quest Workbook for Teens by Rylan Jay Testa

It's all too much, so get it together by Peter Walsh

LOOK FOR THESE CALL NUMBERS IN NONFICTION IF YOU NEED PRIVATE ACCESS TO RELIABLE INFORMATION ON TOUGH SUBJECTS. WE HAVE SELF-CHECKOUT MACHINES AVAILABLE FOR YOUR USE.

Abuse/incest 362.76 / 362.78

Abusive Relationships 362.8292 / 362.88

Acne/Skin Care 616.53 / 646.726

Alcohol 362.292 Anorexia 616.8526

Birth Control 363.9609 / 613.94

Body Changes/Puberty 612.661

Body Image 306.4613 / 616.852

Date Rape 362.883

Depression 616.852 / 616.8527 / 616.85844

Divorce 306.89

Drugs 362.292 / 362.2918

Health + Hygiene 612.04243 / 613.7043

LGBTQIA 306.766 / 613.951

Pregnancy 306.856 / 306.8742 / 618.2024

Relationships + Dating 305.235 / 306.70835 / 646.77

Self-Esteem 305.235

Sex 613.951

STDs 616.951

Suicide 362.2 / 362.28 / 362.283

