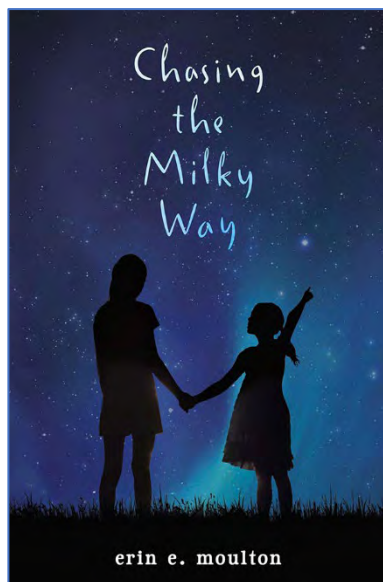


## Mental Health Booklist

### Young Adult Novels

#### Family Mental Illness



#### *Chasing the Milky Way*

written by Erin E. Moulton

Philomel Books, 2014

(parent with mental illness)

Lucy Peevy has a dream--to get out of the trailer park she lives in and become a famous scientist. And she's already figured out how to do that: Build a robot that will win a cash prize at the BotBlock competition and save it for college. But when you've got a mama who doesn't always take her meds, it's not easy to achieve those goals. Especially when Lucy's mama takes her, her baby sister Izzy, and their neighbor Cam away in her convertible, bound for parts unknown. But Lucy, Izzy and Cam are good at sticking together, and even better at solving problems. But not all problems have the best solutions, and Lucy and Izzy must face the one thing they're scared of even more than Mama's moods: living without her at all.



#### *Fangirl*

written by Rainbow Rowell

St. Martin's Griffin, 2013

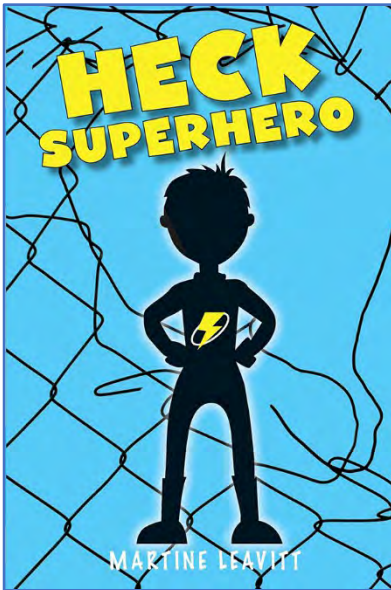
(depression, parent with mental illness)

Reading. Rereading. Hanging out in Simon Snow forums, writing Simon Snow fan fiction, dressing up like the characters for every movie premiere.

Cath's sister has mostly grown away from fandom, but Cath can't let go. She doesn't want to.

Now that they're going to college, Wren has told Cath she doesn't want to be roommates. Cath is on her own, completely outside of her comfort zone. She's got a surly roommate with a charming, always-around boyfriend, a fiction-writing professor who thinks fan fiction is the end of the civilized world, a handsome classmate who only wants to talk about words . . . And she can't stop worrying about her dad, who's loving and fragile and has never really been alone.

For Cath, the question is: Can she do this? Can she make it without Wren holding her hand? Is she ready to start living her own life? And does she even want to move on if it means leaving Simon Snow behind?



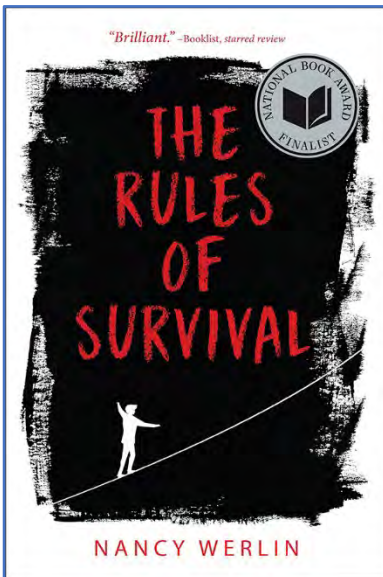
***Heck, Superhero***

written by Martine Leavitt

Astra Young Readers, 2014

(parent with mental illness, suicide)

Heck is used to getting by on his own; his mother is unreliable, at best. But even a boy with a rich imagination is going to have a tough time managing when he and his mother find themselves without a home. It's a good thing Heck has wit, strength, and a lot of optimism.



***The Rules of Survival***

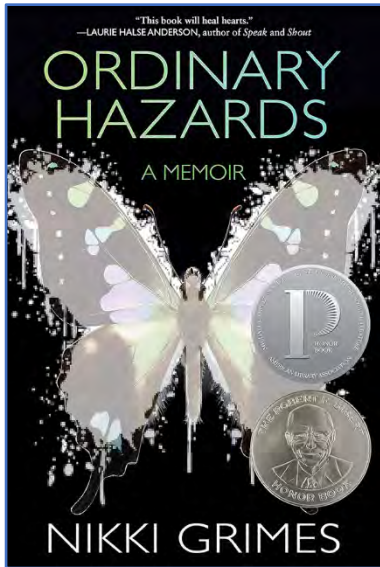
written by Nancy Werlin

Dial Books, 2006

(parent with mental illness)

For Matt and his sisters, life with their mother is a day-to-day struggle for survival. But then Matt sees a guy called Murdoch coming to a child's rescue in a convenience store – and amazingly, Murdoch begins dating his mother. For the first time, Matt feels hope.

But the relief doesn't last. When Murdoch inevitably breaks up with his mother, and life gets even worse, Matt knows he needs to take action. But what can he do?



*Ordinary Hazards: A Memoir*

written by Nikki Grimes

Wordsong, 2019

(parent with mental illness)

Growing up with a mother suffering from paranoid schizophrenia and a mostly absent father, Nikki Grimes found herself terrorized by babysitters, shunted from foster family to foster family, and preyed upon by those she trusted. At the age of six, she poured her pain onto a piece of paper late one night – and discovered the magic and impact of writing. For many years, Nikki's notebooks were her most enduring companions. In this accessible and inspiring memoir that will resonate with young readers and adults alike, Nikki shows how the power of those words helped her conquer the hazards – ordinary and extraordinary – of her life.