

[Joey Pigza Swallowed the Key](#)

By Jack Gantos

Joey Pigza's got heart, he's got a mom who loves him, and he's got "dud meds," which is what he calls the Ritalin pills that are supposed to even out his wild mood swings. Sometimes Joey makes bad choices. He learns the hard way that he shouldn't stick his finger in the pencil sharpener, or swallow his house key, or run with scissors. Joey ends up bouncing around a lot - and eventually he bounces himself all the way downtown, into the district special-ed program, which could be the end of the line. As Joey knows, if he keeps making bad choices, he could just fall between the cracks for good. But he is determined not to let that happen.

[Nest](#)

By Esther Ehrlich

In 1972 home is a cozy nest on Cape Cod for eleven-year-old Naomi "Chirp" Orenstein, her older sister, Rachel; her psychiatrist father; and her dancer mother. But then Chirp's mom develops symptoms of a serious disease, and everything changes. Chirp finds comfort in watching her beloved wild birds. She also finds a true friend in Joey, the mysterious boy who lives across the street. Together they create their own private world and come up with the perfect plan: Escape. Adventure. Discovery.

[The Goldfish Boy](#)

By Lisa Thompson

Matthew Corbin suffers from severe obsessive-compulsive disorder. He hasn't been to school in weeks. His hands are cracked and bleeding from cleaning. He refuses to leave his bedroom. To pass the time, he observes his neighbors from his bedroom window, making mundane notes about their habits as they bustle about the cul-de-sac. When a toddler staying next door goes missing, it becomes apparent that Matthew was the last person to see him alive. Suddenly, Matthew finds himself at the center of a high-stakes mystery, and every one of his neighbors is a suspect. Matthew is the key to figuring out what happened and potentially saving a child's life... but is he able to do so if it means exposing his own secrets, and stepping out from the safety of his home?

[The True History of Lyndie B. Hawkins](#)

By Gail Shepherd

A one-of-a-kind voice lights up this witty, heartwarming debut set in 1985 Tennessee about the power of homespun wisdom (even when it's wrong), the clash between appearances and secrets, and the barriers to getting help even when it's needed most. Lyndie B. Hawkins loves history, research, and getting to the truth no matter what. But when it comes to her family, her knowledge is full of holes.

GRAPHIC NOVELS AND NONFIC-

[Guts](#)

By Raina Telgemeier

Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug. Raina eventually returns to school, where she's dealing with the usual highs and lows: friends, not-friends, and classmates who think the school year is just one long gross-out session. It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on? Raina Telgemeier once again brings us a thoughtful, charming, and funny true story about growing up and gathering the courage to face -- and conquer -- her fears. **Teen Graphic Telegemeier**

[Your Brain Needs a Hug](#)

By Rae Earl

My Mad Fat Diary author Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship. When she was a teenager, Rae dealt with OCD, anxiety, and an eating disorder, but she survived, and she thrived. *Your Brain Needs a Hug* is filled with her friendly advice, coping strategies and laugh-out-loud moments to get you through the difficult days. Witty, honest, and enlightening, this is the perfect read for feeling happier and healthier and learning to navigate life without feeling overwhelmed or isolated. **Teen Life Issues**

[Calm Girl: Yoga for Stress Relief](#)

By Rebecca Rissman

Having a hard time finding your inner Calm Girl? Set the stress aside with relaxing yoga stretches and holds. In no time you'll find a soothing escape to relax, stay calm, and get in shape all at once. **J Science Body**

MENTAL ILLNESS IN MIDDLE GRADE



[The Science of Breakable Things](#)

By Tae Keller

How do you grow a miracle? For the record, this is not the question Mr. Neely is looking for when he says everyone in class must answer an important question using the scientific method. But Natalie's botanist mother is suffering from depression, so this is The Question that's important to Natalie. When Mr. Neely suggests that she enter an egg drop competition, Natalie has hope.

[The Seventh Most Important Thing](#)

(playaway)

By Shelley Pearsall

It was a bitterly cold day when Arthur T. Owens grabbed a brick and hurled it at the trash picker. Arthur had his reasons, and the brick hit the Junk Man in the arm, not the head. But none of that matters to the judge he is ready to send Arthur to juvie for the foreseeable future. Amazingly, it's the Junk Man himself who offers an alternative: 120 hours of community service...working for him. Arthur is given a rickety shopping cart and a list of the Seven Most Important Things: glass bottles, foil, cardboard, pieces of wood, light-bulbs, coffee cans, and mirrors. He can't believe it is he really supposed to rummage through people's trash? But it isn't long before Arthur realizes there's more to the Junk Man than meets the eye, and the trash he's collecting is being transformed into something more precious than anyone could imagine....

[OCDaniel \(eAudiobook\)](#)

By Wesley King

Daniel is the back-up punter for the Erie Hills Elephants. Which really means he's the water boy. He spends football practice perfectly arranging water cups-and hoping no one notices. Actually, he spends most of his time hoping no one notices his strange habits-he calls them Zaps: avoiding writing the number four, for example, or flipping a light switch on and off dozens of times over. He hopes no one notices that he's crazy, especially his best friend Max, and Raya, the prettiest girl in school. His life gets weirder when another girl at school, who is unkindly nicknamed Psycho Sara, notices him for the first time.

[Okay for Now](#)

By Gary D. Schmidt

At once heartbreaking and hopeful, this absorbing novel centers on Doug, 14, who has an abusive father, a bully for a brother, a bad reputation, and shameful secrets to keep. Teachers and police and his relatives think he's worthless, and he believes them, holding others at arm's length.

[Small as an Elephant](#)

By Jennifer Jacobson

Ever since Jack can remember, his mom has been unpredictable, sometimes loving and fun, other times caught in a whirlwind of energy and "spinning" wildly until it's over. But Jack never thought his mom would take off during the night and leave him at a campground in Acadia National Park, with no way to reach her and barely enough money for food. Any other kid would report his mom gone, but Jack knows by now that he needs to figure things out for himself -- starting with how to get from the backwoods of Maine to his home in Boston before DSS catches on. With nothing but a small toy elephant to keep him company, Jack begins the long journey south, a journey that will test his wits and his loyalties -- and his trust that he may be part of a larger herd after all.

[How to Speak Dolphin](#)

By Ginny Rorby

Lily loves her half-brother, Adam, but she has always struggled with him, too. He's definitely on the autism spectrum -- though her step-father, Don, can barely bring himself to admit it -- and caring for him has forced Lily to become as much mother as sister. All Lily wants is for her step-father to acknowledge that Adam has a real issue, that they need to find some kind of program that can help him. Then maybe she can have a life of her own.

[The Shape of Thunder](#)

By Jasmine Warga

Cora hasn't spoken to her best friend, Quinn, in a year. Despite living next door to each other, they exist in separate worlds of grief. Cora is still grappling with the death of her beloved sister in a school shooting, and Quinn is carrying the guilt of what her brother did.

[Fighting Words](#)

By Kimberly Brubaker Bradley

Ten-year-old Della has always had her older sister, Suki: When their mom went to prison, Della had Suki. When their mom's boyfriend took them in, Della had Suki. When that same boyfriend did something so awful they had to run fast, Della had Suki. Suki is Della's own wolf--her protector. But who has been protecting Suki? Della might get told off for swearing at school, but she has always known how to keep quiet where it counts. Then Suki tries to kill herself, and Della's world turns so far upside down, it feels like it's shaking her by the ankles. Maybe she's been quiet about the wrong things. Maybe it's time to be loud. **Teen Bradley**

[Genesis Begins Again](#)

By Alicia Williams

There are ninety-six things Genesis hates about herself. She knows the exact number because she keeps a list. Like #95: Because her skin is so dark, people call her charcoal and eggplant--even her own family. And #61: Because her family is always being put out of their house, belongings laid out on the sidewalk for the world to see. When your dad is a gambling addict and loses the rent money every month, eviction is a regular occurrence.

[Waiting for Normal](#)

By Leslie Connor

Addie is waiting for normal. But Addie's mother has an all-or-nothing approach to life: a food fiesta or an empty pantry, her way or no way. Addie's mother is bipolar, and she often neglects Addie. All-or-nothing never adds up to normal, and it can't bring Addie home, where she wants to be with her half-sisters and her stepfather. But Addie never stops hoping that one day, maybe, she'll find normal.

[Sure Signs of Crazy \(playaway\)](#)

By Karen Harrington

You've never met anyone exactly like twelve-year-old Sarah Nelson. While most of her friends obsess over Harry Potter, she spends her time writing letters to Atticus Finch. She collects trouble words in her diary. Her best friend is a plant. And she's never known her mother, who left when Sarah was two. Since then, Sarah and her dad have moved from one small Texas town to another, and not one has felt like home. Everything changes when Sarah launches an investigation into her family's Big Secret. She makes unexpected new friends and has her first real crush, and instead of a "typical boring Sarah Nelson summer," this one might just turn out to be extraordinary.

[The Miscalculations of Lightning Girl](#)

By Stacy McAnulty

Lucy Callahan was struck by lightning. She doesn't remember it, but it changed her life forever. The zap gave her genius-level math skills, and ever since, Lucy has been homeschooled. Now, at 12 years old, she's technically ready for college. She just has to pass 1 more test--middle school! Lucy's grandma insists- Go to middle school for 1 year. Make 1 friend. Join 1 activity. And read 1 book (that's not a math textbook!). Lucy's not sure what a girl who does calculus homework for fun can possibly learn in 7th grade. She has everything she needs at home, where nobody can make fun of her rigid routines or her superpowered brain. The equation of Lucy's life has already been solved.