

Nonfiction books about suicide prevention and dealing with depression:



*After a Suicide : Young People Speak Up* by Susan Kuklin 362.28 KUKLIN

*How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention* by Susan Rose Blauner 362.287 Blauner

*Monochrome Days : A Firsthand Account of One Teenager's Experience with Depression* by Cait Irwin 616.8527 IRWIN

*My Kind of Sad: What it's like to be Young and Depressed* by Kate Scowen J 616.85 SCOWEN

*The Power to Prevent Suicide: A Guide for Teens Helping Teens* by Richard E. Nelson 362.28 NELSON

*Teen Suicide* by John Woodward 362.28 TEEN

*When Life Stinks : How to Deal with Your Bad Moods, Blues, and Depression* by Michel Piquemal 305.235 PIQUEMAL

*When Nothing Matters Anymore: A Survival Guide for Depressed Teens* by Bev Cobain J 616.8527 Cobain

*Will's Choice: A Suicidal Teen, A Desperate Mother, and a Chronicle of Recovery* by Gail Griffith 362.28092 Griffith



Depression and suicide among teens is a very real and serious issue. If you or anyone you know is suffering from depression or thinking about suicide you should seek help immediately.

Below are some websites and phone numbers for help with suicidal thoughts or ways to help those with suicidal thoughts:

#### **Depression: A Guide for Teens**

[www.youngwomenshealth.org/depression.html](http://www.youngwomenshealth.org/depression.html)

**Mayo Clinic– Tween and Teen Health Suicide & Suicidal Thoughts** [www.mayoclinic.com/health/suicide/DS01062](http://www.mayoclinic.com/health/suicide/DS01062)

#### **Self-injury/Cutting**

[www.mayoclinic.com/health/selfinjury/DS00775](http://www.mayoclinic.com/health/selfinjury/DS00775)

**Suicide Hotline** 1-800-SUICIDE (1-800-784-2433)

#### **Suicide Prevention**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) Call 1-800-273-TALK (1-800-273-8255)

# Shattered Lives



Young adult fiction about suicide and its consequences.

## Moore Memorial Public Library

1701 9th Avenue N.

Phone: (409) 643-5977

[www.texascity-library.org](http://www.texascity-library.org)

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***The Anatomy of Wings* by Karen Foxlee**

**YP FIC FOXLEE** After the suicide of her troubled teenage sister, eleven-year-old Jenny struggles to understand what actually happened

***Borderlands* by Jennifer Dewey** YP FIC DEWEY

After attempting suicide, seventeen-year-old Jamie is admitted to a psychiatric ward, where she must come to terms with the abusive, neglectful family relationships that have led to her situation and where she meets a young man whose problems are much worse than her own.

***By the Time You Read This, I'll be Dead* by Julie Anne Peters** YP FIC PETERS

High school student Daelyn Rice, who has been bullied throughout her school career and has more than once attempted suicide, again makes plans to kill herself, in spite of the persistent attempts of an unusual boy to draw her out.

***The Cloud Chamber* by Joyce Maynard**

**YP FIC MAYNARD** In 1966, when his father's attempted suicide causes the ostracism of the family in their small Montana community, fourteen-year-old Nate copes with his sadness and anger by trying to win the school science fair.

***Crash into Me* by Albert Borrís** YP FIC BORRIS

Four suicidal teenagers go on a "celebrity suicide road trip," visiting the graves of famous people who have killed themselves, with the intention of ending their lives in Death Valley, California.

***The Death of Jayson Porter* by Jaime Adoff**

**YP FIC ADOFF** In the Florida projects, sixteen-year-old Jayson struggles with the harsh realities of his life, which include an abusive mother, a drug-addicted father, and not fitting in at his predominately white school, and bring him to the brink of suicide.

***Far from Xanadu* by Julie Anne Peters**

**YP FIC PETERS** In a small Kansas town, sixteen-year-old Mary-Elizabeth "Mike" Szabo tries to come to terms with her father's suicide and her own homosexuality.

***The Game* by Teresa Toten** YP FIC TOTEN While in detox at a psychiatric treatment facility, fourteen-year-old Dani Webster befriends self-mutilating Scratch and homosexual Kevin as she works through her feelings for her family and her reasons for attempting suicide.

***Hold Still* by Nina LaCour** YP FIC LACOUR As she reads the journal left by her best friend, who committed suicide, Caitlin struggles with powerful feelings of loss, sadness, and guilt, but friends and a first love help her to cope with her negative emotions.

***Impulse* by Ellen Hopkins** YP FIC HOPKINS Three teens who meet at Reno, Nevada's Aspen Springs mental hospital after each has attempted suicide connect with each other in a way they never have with their parents or anyone else in their lives.

***Looking for Normal* by Betty Monthei**

**YP FIC MONTHEI** Twelve-year-old Annie and her younger brother, Ted, try to cope with their turbulent emotions, as well as with their grandmother's terrible anger and grief, after their father kills their mother and then commits suicide.

***No Right Turn* by Terry Trueman**

**YP FIC TRUEMAN** After three years of wanting only to be invisible, sixteen-year-old Jordan begins to recover from his father's suicide and start living again when a neighbor's vintage Corvette Stingray opens up new possibilities for him.

***Stay With Me* by Garret Freymann-Weyr**

**YP FIC FREYMANN** When her sister kills herself, sixteen-year-old Leila goes looking for a reason and, instead, discovers great love, her family's true history, and what her own place in it is.

***St. Michael's Scales* by Neil O. Connelly** YP FIC

**CONNELLY** Keegan Flannery, feeling responsible for his twin brother's death and his mother's mental illness, believes he must atone by committing suicide before his sixteenth birthday, but he gains new insights when he joins his school's wrestling team.

***Suicide Notes: A Novel* by Michael Thomas Ford** YP FIC FORD Brimming with sarcasm, fifteen-year-old Jeff describes his stay in a psychiatric ward after attempting to commit suicide.

***Thirteen Reasons Why :A Novel* by Jay Asher** YP FIC ASHER When high school student Clay Jenkins receives a box in the mail containing thirteen cassette tapes recorded by his classmate Hannah, who committed suicide, he spends a bewildering and heartbreaking night crisscrossing their town, listening to Hannah's voice recounting the events leading up to her death.

***Trigger* by Susan Vaught** YP FIC VAUGHT Teenager Jersey Hatch must work through his extensive brain damage to figure out why he decided to shoot himself.

***Under the Wolf, Under the Dog* by Adam Rapp** YP FIC RAPP Sixteen-year-old Steve struggles to make sense of his mother's terminal breast cancer and his brother's suicide.

***Uninvited* by Amanda Marrone**

**YP FIC MARRONE** Months after Jordan dumps her boyfriend he commits suicide. But as she tries to pick up the pieces he's come back as a vampire and wants to take her with him in this supernatural look at the consequences of grief, guilt, and death.

***What Happened to Cass McBride?: A Novel* by Gail Giles** YP FIC GILES After his younger brother commits suicide, Kyle Kirby decides to exact revenge on the person he holds responsible.

***You Know Where to Find Me* by Rachel Cohn** YP FIC COHN In the wake of her cousin's suicide, overweight and introverted seventeen-year-old Miles experiences significant changes in her relationships with her mother and father, her best friend Jamal and his family, and her cousin's father, while gaining insights about herself, both positive and negative