

Non-Fiction books about coping with family problems and depression

Almost Lost: the True Story of an Anonymous Teenager's Life on the Streets by Beatrice Sparks 616.85 SPARKS

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

A Teenager's Journey: Overcoming a Childhood of Abuse by Richard B. Pelzer 362.76092 PELZER

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

Reporting Abuse

This bibliography is about broken families and the pain they cause. They make for great fiction and can be stirring and moving to read, but family problems in real life are very serious. If you or someone you know has a problem with family abuse please contact one of the groups below. It can mean the difference between life and death.

Texas Abuse Hotline
1-800-252-5400
<https://www.txabusehotline.org>

Texas Council on Family Violence Domestic Violence Hotline:
1-800-799-7233

Protective Services Department
(281) 337-5125
2000 Texas Ave # 900 Texas City, TX



Fractured Families

YA Books about broken homes and shattered lives



Moore Memorial Public Library
1701 9th Avenue N.
Phone: (409) 643-5977
www.texascity-library.org

Fiction

***Martyn Pig* by Kevin Brooks YP FIC BROOKS**

Faced with the possibility of living with a dreadful aunt, fifteen-year-old Martyn Pig decides not to tell authorities when his alcoholic father dies accidentally, instead asking a friend for her help in disposing of the body.

***Dawn* by Kevin Brooks YP FIC BROOKS**

Fifteen-year-old Dawn, who cares for her alcoholic mother, tries to suppress a painful childhood memory as she contemplates killing God, whom she blames for her father's disappearance.

***I-11 (The Absolute Value of Negative One)* by Steven Brezenoff YP FIC BREZENOFF**

Four teenagers relate their experiences as they try to cope with problems in school and at home by smoking, drinking, using drugs, and running track.

***Nicholas Dane* by Melvin Burgess YP FIC BURGESS**

When his single mother dies of a heroin overdose, fourteen-year-old Nick is sent into England's institutional care system, where he endures harsh punishment and witnesses horrors on a daily basis before emerging, emotionally scarred but still alive.

***Because I am Furniture* by Thalia Chaltas YP FIC CHALTAS**

Fourteen-year-old Anke feels both relieved and neglected that her father abuses her brother and sister but ignores her, but when she catches him with one of her friends, she finally becomes angry enough to take action.

***Dirty Laundry: Stories about Family Secrets* YP FIC DIRTY**

A collection of eleven short stories by various authors dealing with situations which a family or family member tries to keep secret because of an underlying problem.

***Keesha's house* by Helen Frost YP FIC FROST**

Seven teens facing such problems as pregnancy, closeted homosexuality, and abuse each describe in poetic forms what caused them to leave home and where they found home again.

***Saint Iggy* by K.L. Going YP FIC GOING**

Iggy is caught physically and spiritually between good and bad when he is kicked out of high school, goes searching for his missing mother, and causes his friend to get involved with the same drug dealer who deals to his parents.

***Something Like Hope* by Shawn Goodman YP FIC GOODMAN**

Shavonne, a desperate seventeen-year-old in juvenile lockup, wants to turn her life around before her eighteenth birthday, but shadows from her past make her task seem impossible.

***Surrender* by Sonya Hartnett YP FIC HARTNETT**

As he is dying, a twenty-year-old man known as Gabriel recounts his troubled childhood and his strange relationship with a dangerous counterpart named Finnigan.

***Crank, Glass, Fallout* by Ellen Hopkins YP FIC HOPKINS**

A trilogy of novels following the life of Kristina Snow and her family as it is torn apart by drug abuse

***Identical* by Ellen Hopkins YP FIC HOPKINS**

Sixteen-year-old identical twin daughters of a candidate for the United States House of Representatives, Kaeleigh and Raeanne desperately struggle with secrets that have already torn them and their family apart.

***Dirty Liar* by Brian James YP FIC JAMES**

No longer able to tolerate living with his alcoholic mother and her abusive boyfriend, high schooler Benji has moved in with his emotionally distant father and stepfamily, and strives to be invisible until a series of events forces him to express himself.

***The DUFF: Designated Ugly Fat Friend* by Kody Keplinger YP FIC KEPLINGER**

Seventeen-year-old Bianca Piper starts sleeping with Wesley, a notorious womanizer who disgusts her, in order to distract her from her personal problems, and to her surprise, the two of them find they have a lot in common.

***Margaux with a an X* by Ronald Koertge YP FIC KOERTGE**

Margaux, known as a "tough chick" at her Los Angeles high school, makes a connection with Danny, who, like her, struggles with the emotional impact of family violence and abuse.

***Crazy* by Han Nolan YP FIC NOLAN**

Fifteen-year-old Jason has fallen upon bad times his mother has died and his father has succumbed to mental illness. As he tries to hold his crazy father and their crumbling home together, Jason relies on a host of imaginary friends for guidance.

***Fixing Delilah* by Sarah Ockler YP FIC OCKLER**

When Delilah, her mother, and her aunt spend the summer in Vermont settling Delilah's estranged grandmother's estate, long-held family secrets are painfully brought to light and Delilah finally learns some difficult truths about her family's past.

***Little Chicago* by Adam Rapp YP FIC RAPP**

An eleven-year-old boy tries to cope with being sexually abused, neglected, and treated cruelly at school.

***A Good Long Way* by René Saldaña YP FIC SALDANA**

Three Mexican American teenagers in a small-town in Texas struggle with difficulties at home and at school as they try to attain the elusive status of adulthood.

***A Blue so Dark* by Holly Schindler YP FIC SCHINDLER**

As Missouri fifteen-year-old Aura struggles alone to cope with the increasingly severe symptoms of her mother's schizophrenia, she wishes only for a normal life, but fears that her artistic ability and genes will one day result in her own insanity.

***Glimpse* by Carol Lynch Williams YP FIC WILLIAMS**

Living with their mother who earns money as a prostitute, two sisters take care of each other and when the older one attempts suicide, the younger one tries to uncover the reason.