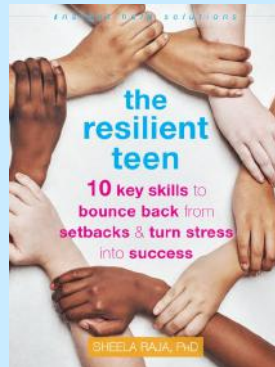
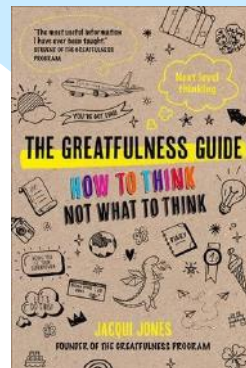


FIND BY LOOKING FOR THE CALL NUMBER LISTED ON THE 2ND FLOOR OF THE LIBRARY

MENTAL HEALTH



The resilient teen
by Sheela Raja
CALL NUMBER: YA 155.518 RAJA



The greatfulness guide: how to think not what to think
by Jacqui Jones
CALL NUMBER: YA 158.1 JONE

TAKE CARE OF YOURSELF

**"The town was paper,
but the memories
were not."**

- John Green, *Paper Towns*



@alhambralibrary

LAST UPDATED: 2022

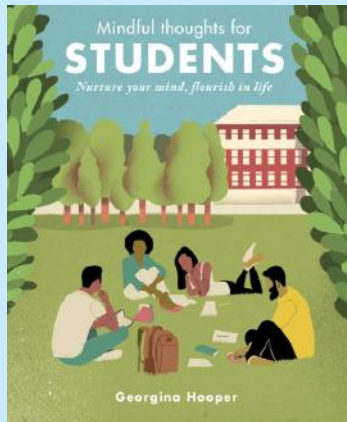


alhambralibrary.org

101 S. First Street
Alhambra, California 91801
(626) 570-5008

Teen
Non-Fiction

FIND BY LOOKING FOR THE CALL NUMBER LISTED ON THE 2ND FLOOR OF THE LIBRARY

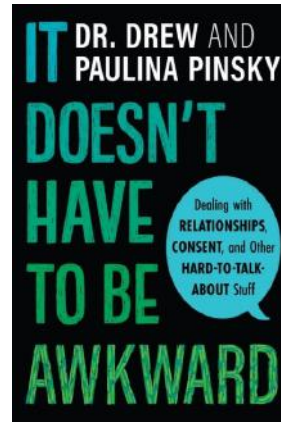


Mindful thoughts for students: nurture your mind, flourish in life

by Georgina Hooper

CALL NUMBER: YA 158.13 HOOP

FIND BY LOOKING FOR THE CALL NUMBER LISTED ON THE 2ND FLOOR OF THE LIBRARY

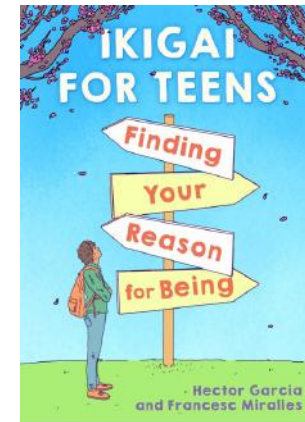


It doesn't have to be awkward: dealing with relationships, consent, and other hard-to-talk-about stuff

by Dr. Drew Pinsky & Paulina Pinsky

CALL NUMBER: YA 306.708 PINS

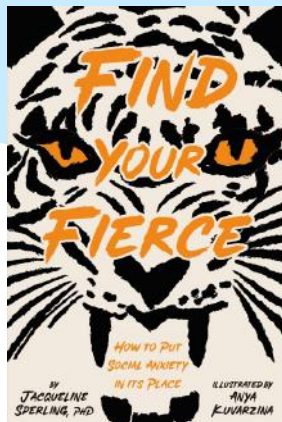
FIND BY LOOKING FOR THE CALL NUMBER LISTED ON THE 2ND FLOOR OF THE LIBRARY



Ikigai for teens: finding your reason for being

by Héctor García & Francesc Miralles

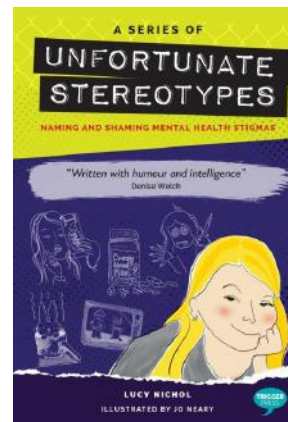
CALL NUMBER: 158.1 GARC



Find your fierce: how to put social anxiety in its place

by Jacqueline Sperling

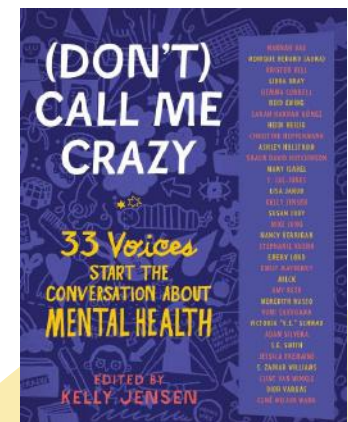
CALL NUMBER: YA 618.928 SPER



A series of unfortunate stereotypes: naming and shaming mental health stigmas

by Lucy Nichol

CALL NUMBER: YA BIO 92 NICHOL



(Don't) call me crazy: 33 voices start the conversation about mental health

Edited by Kelly Jensen

CALL NUMBER: YA 616.89 DON'T