

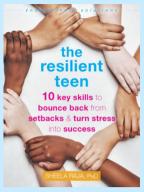
"We need hope, or else we cannot endure."

- Sarah J. Maas, A Court of Thorns and Roses



LAST UPDATED: 2023

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



The resilient teen by Sheela Raja

CALL NUMBER: YA 155.518 RAJA





Suicide: when it happens to someone you know by Bonnie Szumski

CALL NUMBER: YA 362.28 SZUM



alhambralibrary.org

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

MENTAL HEALTH

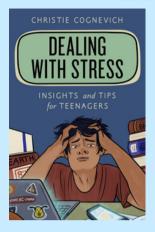


Teen Non-Fiction

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

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

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



Dealing with stress: insights and tips for teenagers

by Christie Cognevich

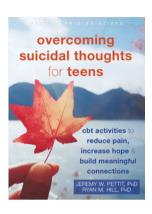
CALL NUMBER: YA 155.904 COGN



Pork belly tacos with a side of anxiety

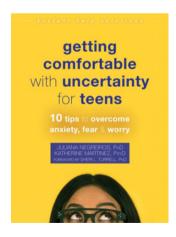
by Yvonne Castañeda

CALL NUMBER: YA 616.852 CAST



Overcoming suicidal thoughts for teens: CBT activities to reduce pain, increase hope & build meaningful connections by Jeremy W. Pettit & Ryan M. Hill

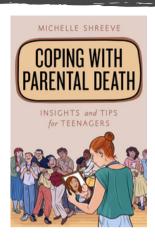
CALL NUMBER: YA 362.28 PETT



Getting comfortable with uncertainty for teens: 10 tips to overcome anxiety, fear & worry

by Juliana Negreiros & Katherine Martinez

CALL NUMBER: YA 155.512 NEGR



Coping with parental death: insights and tips for teenagers

by Michelle Shreeve

CALL NUMBER: YA 155.937 SHRE



You are more than magic: the black and brown girls' guide to finding your voice

by Minda Harts

CALL NUMBER: YA 305.488 HART