

Title	Author	Classification	Date
After the suicide of someone you know : information and support for young people	Irving Hendry, Tricia, Hirsh, Leora	Young Adult 155.93 NZ	2007
Because everything is right but everything is wrong	Donohue, Erin	Young Adult Fiction DON NZ	2017
Don't let your emotions run your life for teens : dialectical behavior therapy skills for helping you manage mood swings, control angry outbursts, and get along with others	Van Dijk, Sheri	Young Adult 616.89	2011
Fighting invisible tigers : stress management for teens	Hipp, Earl	Young Adult 155.9	2019
Oku moe moea : the dream which is bigger than I am	Hammond Boys, Shona	Young Adult Fiction BOY NZ	2015
The shyness & social anxiety workbook for teens : CBT and ACT skills to help you build social confidence	Shannon, Jennifer, Shannon, Doug, Padesky, Christine A.	Young Adult 155.518	2012
The stress reduction workbook for teens : mindfulness skills to help you deal with stress	Beigel, Gina M.	Young Adult 616.98	2009
Stuff that sucks : accepting what you can't change and committing to what you can	Sedley, Ben	Young Adult 152.4	2015
Stuff that's loud : a teen's guide to unspiralling when OCD gets noisy	Sedley, Ben, Coyne, Lisa W., Chan, Kalos	Young Adult 616.85227	2020
Turtles all the way down	Green, John, 1977-	Young Adult Fiction GRE	2017
The unlikely hero of Room 13B	Toten, Teresa	Young Adult Fiction TOT	2015
When life gives you lemons : a resource for young people dealing with depression & anxiety	Painter, Celia, Kriebel, Abbie	Young Adult 618.92	2015