

## Tough Times For Teens

With all the challenges young people face, a book can sometimes help to lift the mood and to know that you are not alone. Here is a small selection of books that might help.

Henry Tumour by Anthony McGowan [Brain tumour](#)

Wintergirls by Laura Halse Anderson [Eating disorders](#)

The Thing With Finn by Tom Kelly [Death of a twin](#)

The Savage by David Almond [Death of father](#)

A Monster Calls by Patrick Ness [Death of mother](#)

Kiss by Jacqueline Wilson [Sexual orientation](#)

Life on the Refrigerator Door by Alice Kuipers [Cancer and death of mother](#)

The Fault in Our Stars by John Green [Cancer](#)

15 Days Without a Head by Dave Cousins [Alcoholic mother](#)

The Impossible Knife of Memory by Laurie Halse Anderson [Post traumatic stress disorder](#)

Hurricane Wills by Anthony McGowan [ADHD](#)

The Curious Incident of the Dog in the Night Time by Mark Haddon [Aspergers](#)

Paralysed by Sherri Ashworth [Spinal Cord Injury](#)

Tyranny by Lesley Fairfield [Eating disorders](#)

Kite Spirit by Sita Bramachan [Suicide](#)

Junk by Melvin Burgess [Drugs](#)

Boys Don't Cry by Malorie Blackman [Teen pregnancy](#)

Finding Cherokee Brown by Siobhan Curham [Bullying and absent father](#)

After Iris by Natasha Farrant [Death of a sibling](#)

The Reason I Jump by Naoki Higashida [Autism](#)

Skinny by Donna Cooner [Obesity](#)

Butter by Erin Jade Lange [Obesity](#)

Boy Meets Boy by David Levithian [Sexual Orientation](#)

The Perks of Being a Wallflower by Stephen Chbosky [Social anxiety](#)

Wonder by R.J. Palacio [Facial disfigurement](#)