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Support groups for PTSD, depression, anxiety, and other mental illnesses should be led by professionals. Please do not join such groups on the Internet. Books can be very healing if used to distract yourself from pain, allowing your mind and body to heal. Please add/vote on books in the "Best Trigger-Free Fiction for YA, Adult, Teen" list.

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10 Young Adult Novels About Depression Because Teens Need

One of the best ways to normalize depression is by integrating it into our culture. That's where these YA novels come in. Teens (and adults myself included) need to read about people like them.

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Teen Depression Causes Symptoms Heredity and Treatments

School performance, social status with peers, sexual orientation, or family life can each have a major effect on how a teen feels. Sometimes, teen depression may result from environmental stress.

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Depression Resources for Kids Teens Booklist

Battling the Blues: the Handbook for Helping Children and Teens with Depression. Kim Tip Frank, \$32.95. The many ideas in this book represent helpful tools that children and teens can readily employ in the treatment of depressive disorders.

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