

tough topics...

Stuff you may not *want* to talk about but *need* to know about.

As always, you can ask a librarian for help—we do not judge!

Use the same numbers to check all the nonfiction areas: adult, J, YA.

Search the catalog for more titles.

Topic	Call Number
Psychology, emotions, self-help and self-care	150-159
Grief	155.937
Friendship, social skills, and bullying	158.2
Well-being	158, 613, 646.7009
Self-esteem	155.2, 158.2
Anxiety	152.4, 616.85
Depression	J 155.24, 616.85
Mental conditions and diagnoses	616.85, 616.89
Diseases	616
Body Image	306.4613
Eating (relationship with food)	613.25
Diet and exercise	613.2, 613.7
Life skills	646.7

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(We keep your questions private.)

Topic	Call Number
Gender identity	305.3
Sexual orientation, LGBTQ+	306.76
Puberty	J 612.661
Teen Girl Stuff	YA 305.23, YA 612.661
Teen Guy Stuff	YA 612.661
Sex and consent	YA 613.9, 613.9
Sex information, consent for kids	J 612.6
Sexual abuse and prevention	616.85
Men's Health	613.0423
Women's health and pregnancy	613.0424, 618.1
Abortion	618.1, 362.1988

Relationships and marriage	646.7
Parenting	649
Divorce	306.89
Abuse and domestic abuse	362.76, 362.82
Trauma and neglect	616.85
Suicide	362.28
Addiction, recovery, drugs and alcohol	362.29
Poverty and homelessness	362.5
Hunger and food insecurity	362.8
Guns and gun violence	363.33

Just ask, we're here to help!