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# Hello Me, It's You



A collection of letters by young adults about  
their mental health experiences



## Synopsis

Everyone says being a teenager is CRAZY. But do they mean crazy hard, crazy fun | or just plain bonkers? Roughly three people in every class have some kind of mental health issue, but most of them have no idea what's going on. They think they're just weak, or shy, or bad, or completely, irreversibly, writing-on-the-walls 'insane'. But they're not. They have some form of depression, anxiety, eating disorder or other mental health issue and they will come out the other side. This is a book of advice, from young people who made it through, to their sixteen-year-old selves. Do you ever feel like the apocalypse is coming, and it wouldn't be that bad? Like bed is as far as you want to get today? As though your heart is going to beat right out of your chest and your legs have turned to jelly, at the thought of leaving home or talking to another human being? Or maybe you just feel like when you start worrying, you can't stop. Whatever form it takes, this book can help you through it. Trigger warning: Due to its nature, the content of this book may be triggering. Contains personal experiences of depression, anxiety, schizophrenia, trichotillomania and other mental health issues, as well as issues such as assault. Read what people are saying about Hello Me, It's You: "IT WAS AH-MAZING!!" Every person should read this book at least once in their lifetime." Flipping Pages "MOVING, A MUST-READ FOR ALL GENERATIONS..." MY GOD! I'm at loss for words... Rating five-stars for a book that is worth a million stars is unfair...an excellent, real and much-needed book for all generations" Veracious Reader "Warmed my heart...It made me think, a lot, and that's what good books do."The YA Reader "This is the mental health book that every teen and adult needs" Tales of the Ravenous Reader "This book is very important. I want to buy 100 copies and give it to every single person I know and force them to read it!... I found myself in many letters. I cried a lot but there were also very funny parts that will make you laugh out loud." Books Over Humans "This is one of the most poignant and important books I've ever read." A book made up entirely of letters written by young adults to their 16 year old selves, you'll laugh, cry and reflect on your own journey as you read about these individuals dealing with anxiety and mental health issues." That Wild Soul "One of the best books ever...This is a book that your soul is going to devour instantly" 5\* Dystopian Citizn "An inspiring book... honestly so beautiful... such an honest, personal look into the lives of those who have mental illness... deeply represents hope and recovery" Belle's Book Nook "Touching. Honest. Raw... I cannot recommend this book highly enough" 5\* January Grey Reviews "It fills you with hope and strength." Everyone should read it, whether or not you are suffering from mental health issues." Lois Reads Books

## Book Information

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## Customer Reviews

"It's both beautiful and necessary" Sarah Franklin "MY GOD! I'm at loss for words. Rating five-stars for a book that is worth a million stars is unfair....There is nothing flowery about Hello Me, It's You. The truth is bare, naked and vulnerable... I highly recommend it to readers of all ages." Veracious Reader "This book is very important. I want to buy 100 copies and give it to every single person I know and force them to read it! I do warn you; try not to read this in public as you will cry. This book is a collection of letters that young adult with a mental illness wrote to their 16 year old selves.. I found myself in many letters. I cried a lot but there were also very funny parts that will make you laugh out loud." Books Over Humans "I feel like this book should be read by everyone. It is so important and hopeful, for someone who suffers from mental health issues, but also for people who don't, or who have someone they love suffering. It's filled with hope and strength and help, and it lifted my heart" Books are Here for You "This is one of the most poignant and important books I've ever read. A book made up entirely of letters written by young adults to their 16 year old selves, you'll laugh, cry and reflect on your own journey as you read about these individuals dealing with anxiety and mental health issues." That Wild Soul "Turned out to be everything I would've wanted to hear when I was 16. If you know a teen suffering through mental illness, I would highly recommend getting them this book. Loved it." Good Reads Reviewer "This was brilliant! ... Everyone should read this - I will be shouting about this book from the rooftops! I so wish a book like would have been around for me to read when I was younger." Charleigh's Book Nook

Even though this book was not what I expected it to be, it was still a good book. The price was

pretty steep for a book that I started and finished in 2 hours. The stories were good, but ALL of them had this happy ending, that to be honest, isn't always a reality. For those of us who suffer from mental illness, we know that it's truly a lifelong battle. So I feel like this book gives false hope to young readers that they will eventually be cured, and be perfectly happy.

not what i expected. couldn't read. depressing, rather than uplifting or inspiring.

Inspiring and heartfelt. This book left me with hope and gave me peace to know I am not alone.

Read it!

This book is detrimental.1. A boyfriend is not going to make it all better.2. Never stopping believing in "happily everafter" really isn't what should be getting you through the bad times.3. Striving to be completely happy? There is no such thing. Is that a healthy thing to tell someone struggling with depression? Just keep on trying and someday you might be completely happy. No it is not.4. If you need someone to listen to you, listen to yourself? NO! Not a good idea. You need to talk to someone, preferably a counselor.5. Telling your younger self all of the ways you thought about committing suicide. That shouldn't be in a book like this!6. Thinking about being dead to comfort yourself is okay. Really?7. If someone treats you badly and brings you down, learn to love them. What?! There were more, but I will be putting them in my blog post. The rest of the letters were just cheesy keep smiling and you will make it to happiness, cheerleading. It seemed funny to me that most of the letters had the same voice. Hmm... It was also suspect that so many of the letter writers had every single symptom of their particular illness even the rare ones. Personally, I would warn people struggling with mental illness not to read this because it isn't going to help you, and it might end up making things worse. Lastly, buying this book is supposed to support a "charity", but the charity is funding her book writing. Um, that's not a charity just because you write about diverse subjects. I was approved for a temporary digital copy in exchange for an honest review.

WOW! I am SO disappointed! 2.5 disappointing stars! I'm so immensely disappointed with this experience! And I'm this disappointed mostly because, I don't think I have ever been more in love with a premise and wanted to read a book so badly. I had SUCH huge expectations for this book!!! Mental illness can be a very terrifying and isolating experience, and I always feel hopeful when I learn that there is a new book that could shed some light on this topic that is often misunderstood and treated as a taboo. Since I dealt so closely with mental illness I braced myself for

an emotional journey, and "There was no such journey! I guess for some reason I had huge expectations for the writing. I was expecting a touching, emotional prose. These were letters to a younger self that feels trapped, lonely, isolated and terrified by mental illness. So, I was expecting the writing to deliver compassion and sympathy. Most importantly, I expected it to be UTTERLY personal. You are talking to yourself after all, right?! You should know exactly what to say, and how to say it and these letters felt so incredibly distant and cold! So impersonal almost like business letters! Because they were ALL felt the same!! Exactly the same! Like someone had used a template and just change the events or situations. These letters sounded like this to me..."Hello, I'm twenty-three. We made. You'll be OK. Because there is people that love you and care about you. "I'm not trying to be sarcastic. I'm not kidding! I take this theme very seriously! But that's how they letters felt to me. So emotionally flat!! KNOW, I AM POSITIVE, I would have not related to any of these letters when I was sixteen and depressed. I would have NOT find it helpful AT ALL. Maybe it is just me. Maybe other people would. Not me. I would have liked my letter to be been more intimate. Take Hyperbole and a Half . There is a chapter about depression. Even though it's a graphic novel, and humor, it's the most authentic description of depression I have EVER read. I could tell the person that wrote it KNEW EXACTLY what depression was. The description was flawless. These letters? Not at all. I wish I could have given this book a five-star review because it was a five-star idea, a five-star theme, five-star intention but then, it went down the hill from there to a three-star content and a two-star execution. I have never felt so bad about giving a bad review until now, because I don't want to discourage people from reading this book. Some of the information is helpful but the delivery hurts the purpose terribly.

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