



National Library of Medicine
Network of the National Library of Medicine

Diverse Voices

Collection Development

Resources

Zines
(Adult Collection)

Preface

The Diverse Voices in Health & Medicine Collection Development Project was borne of a funding opportunity offered by the Network of the National Library of Medicine (NNLM) Region 5, which serves the states of Alaska, Washington, Oregon, Nevada, California and Hawaii along with the U.S. Territories and Freely Associated States in the Pacific.

The award helps build collections that reflect voices of the communities served, as revealed through such genres as graphic medicine, fiction, nonfiction, memoirs, Young Adult, manuscripts (published and unpublished), oral histories and film. Expanding diverse voices in libraries (all types), public health agencies, academic programs, or community organizations ensures collection equity and supports health literacy by illuminating common or unique health issues facing underserved populations.

In all, NNLM Region 5 funded 27 Collection Equity Outreach Awards: 12 to public libraries, 11 to academic libraries, three to community-based organizations and one to a hospital library. Award recipients submitted final reports consisting of a bibliography of collection resources purchased, using a template created by NNLM staff to capture relevant bibliographic information. All 27 partner organizations returned these bibliographies, thus providing content for the Collection Development Resource. In total, awardees' bibliographies documented 1,400 unique resources purchased and shared. Each state in NNLM Region 5 is represented, as are myriad genres and formats, including zines.

What is a zine? Zines (pronounced “zeens”) are independently published works often created for niche communities. Zines provide a form of expression for those who would otherwise be unable to share their work, particularly underrepresented and marginalized voices. In this collection, source names are hyperlinked to a main distributor where users can then search for titles or authors. The zines included here contain all the publication information provided to NNLM.

A few caveats as you use this Resource:

- We chose not to use NLM’s MeSH, LC’s subject headings, Dewey Decimal or any other cataloging system but instead focused on terms that are commonly accepted and browsable. We asked Collection Equity awardees to state subject/topics for each bibliography resource as the initial starting point of our categorization. We sought and incorporated feedback from industry professionals and diverse colleagues within NNLM. The subject/topic headings used here are not intended to cause harm. In that spirit, if you find a term offensive or not representative, please reach out to nnlm@uw.edu with your concerns. We want to hear from you.
- For authors, we used what was submitted on the bibliography. Please note that some authors chose to use pseudonyms.

Acknowledgements

NNLM Region 5 would like to thank the 27 libraries and community-based organizations who poured their heart and soul into their Collection Equity Awards and so graciously submitted their “final report” bibliography of resources they purchased, knowing these lists would be used to create a Collection Development Resource. Your hard work and dedication to representing and growing the voices of all the individuals you serve is inspiring!

Board of Regents, Nevada System of Higher Education (NSHE) on behalf of the University of Nevada, Las Vegas Health Sciences Library. [UNLV HSL], Las Vegas, NV

Clark Library, University of Portland, Portland, OR
Clatskanie Library District, Clatskanie, OR
Everett Public Library, Everett, WA
Jackson County Library District, Medford, OR
Juneau Public Libraries, Juneau, AK
Kenai Community Library, Kenai, AK
Lee Graff Medical Library, Beckman Research Institute of Research of the City of Hope, Duarte, CA
Los Angeles County Department of Public Health, Los Angeles, CA
Monterey County Free Libraries, Marina, CA
Norris Medical Library, USC Libraries, University of Southern California, Los Angeles, CA
North Bend Public Library, North Bend, OR
Oregon Health & Science University, Portland, OR
Oregon Post Adoption Resource Center (ORPARC), Portland, OR; a program of NW Resource Associates
Pacific University, Forest Grove, OR
Paul J. Cushing Library at Holy Names University, Oakland, CA
PlaneTree Health Library, San Jose, CA
Portland State University Library, Portland, OR
Providence System Library Services; Providence St. Vincent Hospital & Medical Center, Portland, OR
Redwood City Public Library, Redwood City, CA
The Regents of the University of California, San Francisco, CA
San Bruno Public Library, San Bruno, CA
San Diego State University Research Foundation, San Diego, CA
Springfield Public Library, Springfield, OR
UAA/APU Consortium Library/Alaska Medical Library, Anchorage, AK
Wailuku Public Library, Wailuku, HI
Walla Walla Rural Library District, Walla Walla, WA

Lastly, NNLM Region 5 would like to thank Kristi Torp, MLS, for her can-do spirit, thoughtful questions, organizational skills and multi-tasking abilities in piecing the Diverse Voices Collection Development Resource together and Michele Spatz, MLS, for her creativity, leadership and dedication to bringing the overall NNLM Region 5 Diverse Voices Project to life.

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How-To Making Zines

How to Make an 8 Page Zine

by Ashley Ronning

8 pages. Source: [Etsy.com](#)

Make Your Own Fun

by Kristyna Baczynski

United Kingdom. 20 pages. Source: [Etsy.com](#)

Prompts for Zine-Making: For Disability and Chronic Illness

by Ellie & Vicky

England. 8 pages. Source: [Pen Fight Zines](#)

**Collocated: Health of People with Disabilities*

Addiction and Recovery
General Titles

Blackoutings

by Tatiana Gill

2014. 35 pages. Source: [Thankubody Zines](#)

And Now My Watch Begins: (Almost) 6 Years of Sobriety My Way: Aka Staying Sober While Staying Woke

By Diasporan Savant Press

Oakland, California, 2018. 22 pages. Source: [Etsy.com](#)

This Is Your Brain on Addiction

by Faith Harper

Portland, Oregon. 15 pages. Source: [Thankubody Zines](#)

Body Systems and Diseases
General Titles

Being Chronically Ill Sucks

by Sabrina Sims

2020. 16 pages. Source: [Wasted Ink Zine Distro](#)

Bile & Syntax

by Norma Krautmeyer

12 pages. Source: [Etsy.com](#)

Complaints and Disorders

by Barbara Ehrenreich and Deirdre English

Tacoma, Washington, 1973. 44 pages. Source: [Etsy.com](#)

Body Systems and Diseases Anatomy and Physiology

Anatomy

by Anna Satre

Minnesota, 2018. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Beneath Our Skin

by Charlotte Rose

United Kingdom, 2018. 15 pages. Source: [Etsy.com](https://www.etsy.com)

Parasitic / Infected Anatomy Zine

by Alex Yates

10 pages. Source: [Etsy.com](https://www.etsy.com)

Spiders in Your Face: Unsettling Facts About the Body Mini Zine

by Mer

Reno, Nevada, 2020. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Body Systems and Diseases
Brain Disorders

Post Concussion Zine

by Em Schurter

Canada. 6 pages. Source: [Etsy.com](https://www.etsy.com)

Body Systems and Diseases

Cancers

The Girl Survives Cancer in This One

by Miri Mogilevsky

Columbus, Ohio. 74 pages. Source: [Etsy.com](https://www.etsy.com)

Not Another Fucking Cancer Diary

by Ellie Page

United Kingdom. Source: [Etsy.com](https://www.etsy.com)

Body Systems and Diseases

Digestive Disorders

How to Prep for Your Colonoscopy Without It Sucking That Much!!!: (By a Patient with Crohn's)

by Bee Loris

San Diego, California, 2019. 8 pages. Source: [Etsy.com](#)

Delicate Pipes

by Erin Dorney

18 pages. Source: [Wasted Ink Zine Distro](#)

Sick Sunny

by Brigid Somodji Landis and Rebecca Zec

Portland, Oregon. 36 pages. Source: [Microcosm Publishing](#)

So You Have Crohn's? A Patient-Written Zine

by Bee Loris

California. Source: [Etsy.com](#)

Body Systems and Diseases

Pain

Barely Functioning Comics

by Self Saboteur

2021. 39 pages. Source: [Wasted Ink Zine Distro](#)

**Collocated: Mental Health*

Brittle Joints

by Maria Sweeney

2019. 35 pages. Source: [Thankubody Zines](#)

Do These Stretches to Relax

by Nico Wilkinson

6 pages. Source: [Wasted Ink Zine Distro](#)

Fibro Zine Chronic Pain Sucks

by Self Saboteur

16 pages. Source: [Wasted Ink Zine Distro](#)

Pain Is Really Strange

by Steve Haines

London, 2015. 34 pages. Source: [Thankubody Zines](#)

Sick: A Compilation Zine on Physical Illness

by Ben Holtzman

Portland, Oregon. 2009 87 pages. Source: [Thankubody Zines](#)

What I Learned from All My Doctors: Chronic Pain [Issues 2]

California. Source: [Etsy.com](#)

When Language Runs Dry [Vol. 1]

by Claire Barrera and Meredith Butner

Portland, Oregon, 2008. Source: [Etsy.com](#)

When Language Runs Dry [Vol. 2]

by Claire Barrera and Meredith Butner

Portland, Oregon. Source: [Etsy.com](#)

When Language Runs Dry [Vol. 3]

by Claire Barrera and Meredith Butner

Portland, Oregon. Source: [Etsy.com](#)

When Language Runs Dry [Vol. 4]
by Claire Barrera and Meredith Butner
Portland, Oregon. Source: [Etsy.com](https://www.etsy.com)

When Language Runs Dry [Vol. 5]
by Claire Barrera and Meredith Butner
Portland, Oregon. Source: [Etsy.com](https://www.etsy.com)

Body Systems and Diseases
Pandemics and Epidemics (Worldwide Disease)

#stayhome Zine #1

by Lara Sidra

Spring, Texas, 2020. 8 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Mental Health*

2020 Quarantine Meme Minizine

by Lara Sidra

Spring, Texas, 2020. 8 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Mental Health*

Gate Closed

by Josef Saddington

2020. 28 pages. Source: [Etsy.com](https://www.etsy.com)

How to Survive the Pandemic While Autistic Zine

by Phil Pot

Amsterdam, 2020. 14 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Autism Spectrum Disorder*

I Spent the Year Indoors

by Sabina Bertozzi

Ridgewood, New York, 2020. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Passage

by Lauren Norby

2021. 8 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Mental Health*

Pre-Existing: A Zine About Disability and Chronic Illness During 2020

by Anna Gecko

2020. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Health of People with Disabilities*

Quarantine Year One

by Lara Sidra

Spring, Texas, 2021. 8 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Mental Health*

A Quarantine: 2021

by Lara Sidra

Spring, Texas, 2021. 8 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Mental Health*

Some Experiences

by Lara Sidra

Spring, Texas, 2021. 8 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Mental Health*

Trying to Keep Family Happy During Quarantine

by Lara Sidra

Spring, Texas, 2020. 8 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Mental Health*

The Woman Who

by Margaret Hartley

Seattle, Washington, 2021. 32 pages. Source: [Etsy.com](https://www.etsy.com)

Body Systems and Diseases

Skin Disorders

Breakout

by Alessa Kreger

2019. 16 pages. Source: [Thankubody Zines](#).

Skin Zine. #2, "Problem"

by Alyssa Giannini

Olympia, Washington, 2020. 24 pages. Source: [Etsy.com](#)

What I Learned from All My Doctors: Skin [Issue 1]

California. Source: [Etsy.com](#)

Body Systems and Diseases
Sleep

Unfuck Your Sleep

by Faith Harper

Portland, Oregon, 2020. 38 pages. Source: [Microcosm Publishing](#).

Death and Dying
General Titles

Lol Dying Stuff

by Mick Moran

2020. 18 pages. Source: [Etsy.com](https://www.etsy.com)

Health of People with Disabilities General Titles

Ability

by Andrew Coltrin

2021. 28 pages. Source: [Thankubody Zines](#)

**Collocated: Mental Health*

Ableist Practices

by Lex Kartane

Germany. 16 pages. Source: [Etsy.com](#)

Disability & Sexuality

by Ashley Hartman Annis

Portland, Oregon, 2017. 19 pages. Source: [Thankubody Zines](#)

**Collocated: Sexual & Reproductive Health*

A Disability Manifesto [2nd edition]

by Mick Moran

2020. 18 pages. Source: [Etsy.com](#)

Let Me Know if There's Anything I Can Do

by Mick Moran

2020. 14 pages. Source: [Etsy.com](#)

My Hearing Aid Story

by Arinn Westendorf

7 pages. Source: [Etsy.com](#)

Pre-Existing: A Zine About Disability and Chronic Illness During 2020

by Anna Gecko

2020. Source: [Etsy.com](#)

**Collocated: Pandemics & Epidemics*

Prompts for Zine-Making: For Disability and Chronic Illness

by Ellie & Vicky

England. 8 pages. Source: [Pen Fight Zines](#)

**Collocated: How-to*

A Queer Guide to Disability Benefits

by Q and V

20 pages. Source: [Etsy.com](#)

**Health Topics for People of Color
African Americans / Black Americans**

A Love Supreme: Meditating While Black

by Golden

Philadelphia, PA 2020. 44 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Holistic Wellness*

Healthcare System General Titles

For Your Health [Issue 8]

by Anna Jo Beck

28 pages. Source: [Microcosm Publishing](#)

Historical Medicine Zine

by Charlotte Rose

United Kingdom. 25 pages. Source: [Etsy.com](#)

How to Make a Medical Cheat Sheet

by Mick Moran

8 pages. Source: [Etsy.com](#)

World War I Surgery Zine

by Charlotte Rose

United Kingdom. 16 pages. Source: [Etsy.com](#)

World War II Surgery Zine

by Charlotte Rose

United Kingdom. Source: [Etsy.com](#)

Healthcare System Health Equity

Hop Up onto the Scale

by Mick Moran

14 pages. Source: [Etsy.com](https://www.etsy.com)

How to Afford Your Damn Meds

by Kenra Brewer

Portland, Oregon, 2020. 26 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

**Healthcare System
Health Professions**

Nurses Have Stories

United Kingdom. 16 pages. Source: [Pen Fight Zines](#)

Witches, Midwives, and Nurses

by Barbara Ehrenreich and Deirdre English

Tacoma, Washington, 1972. 27 pages. Source: [Etsy.com](#)

LGHBQTQIA+ Health General Titles

Bi Sex U What?

by Laura Saunders

England, 2018. 22 pages. Source: [Pen Fight Zines](http://www.etsy.com/)<http://www.etsy.com/>

It's No Big Deal: A Conversation on Non-Binary Identity

by Rae Southon

Netherlands, 2017. 24 pages. Source: [Pen Fight Zines](#)

Next Level Ally

by Eli Sachse

Portland, Oregon, 2020. 38 pages. Source: [Microcosm Publishing](#)

Pocket Guide to LGBTQIA+ Identities

by Adam Holcroft

United Kingdom, 2021. 21 pages. Source: [Etsy.com](#)

A Potted Trans History Zine

by Rowan Frewin

United Kingdom, 12 pages. Source: [Etsy.com](#)

Thoughts on Starting Testosterone

by Nico Wilkinson

6 pages. Source: [Wasted Ink Zine Distro](#)

Top

by Rainer Bloodgood

Portland, Oregon, 2020. 46 pages. Source: [Thankubody Zines](#)

Trans Restroom Rants

by Birch Rosen

2019. 22 pages. Source: [Wasted Ink Zine Distro](#)

You Should Be Questioning: A Guide for Cisgender People on Why & How You Should Start Questioning Your Gender

by Wesley Sueker

2021. 4 pages. Source: [Etsy.com](#)

Mental Health and Psychology General Titles

#stayhome Zine #1

by Lara Sidra

Spring, Texas, 2020. 8 pages. Source: [Etsy.com](#)

**Collocated: Pandemics & Epidemics*

2020 Quarantine Meme Minizine

by Lara Sidra

Spring, Texas, 2020. 8 pages. Source: [Etsy.com](#)

**Collocated: Pandemics & Epidemics*

A Is for Awkward

by Rachel Olive Rowen

United Kingdom. 8 pages. Source: [Etsy.com](#)

Ability

by Andrew Coltrin

2021. 28 pages. Source: [Thankubody Zines](#)

**Collocated: Health of People with Disabilities*

Barely Functioning Comics

by Self Saboteur

2021. 39 pages. Source: [Wasted Ink Zine Distro](#)

**Collocated: Pain*

The Book of Hands

by Rachel Olive Rowen

United Kingdom. 8 pages. Source: [Etsy.com](#)

Brain Love

by Kim Rounsefell

14 pages. Source: [Thankubody Zines](#)

The Common Cold: A Zine About Mental Illness Presentation and Priorities

2017. 16 pages. Source: [Etsy.com](#)

Communal Care* [with_drawn Issue 1]

by Drawn Collective

Belgium, 2020. 35 pages. Source: [Pen Fight Zines](#)

Day 2 at the Psych Ward

by Rowen Lohmann

2018. 6 pages. Source: [Etsy.com](https://www.etsy.com)

Day 3 at the Psych Ward

by Rowen Lohmann

2018. 6 pages. Source: [Etsy.com](https://www.etsy.com)

Day 4 at the Psych Ward

by Rowen Lohmann

2018. 6 pages. Source: [Etsy.com](https://www.etsy.com)

Day 5 at the Psych Ward

by Rowen Lohmann

2018. 6 pages. Source: [Etsy.com](https://www.etsy.com)

Demon

by Lex Kartane

Germany. 16 pages. Source: [Etsy.com](https://www.etsy.com)

Detached - A Dissociation Zine

by Jeffery Kingsley

Source: [Etsy.com](https://www.etsy.com)

Fixing the Blahs: A Pocket Self-Help Zine

by L.B. Lee

Boston, Massachusetts, 2019. 8 pages. Source: [Etsy.com](https://www.etsy.com)

From Sick to Ill

by Donovan (Big 10) Gardner

Portland, Oregon. 35 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

Goldilocks and the Three Therapists

by Rachel Olive Rowen

United Kingdom, 2017. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Handle with Care

by Elyse Brouhard

Portland, Oregon, 2020. 34 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

Hospital Stay Three Feeling Alive

by Azrielle de Vor

Sydney, Australia, 2019. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Hospital Stay Three Finally Laughing

by Azrielle de Vor

Sydney, Australia, 2019. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Hospital Stay Three Not Breathing

by Azrielle de Vor

Sydney, Australia, 2019. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Hospital Stay Three Tiny Thoughts

by Azrielle de Vor

Sydney, Australia, 2019. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Hospital Stay Three

by Azrielle de Vor

Sydney, Australia, 2019. 8 pages. Source: [Etsy.com](https://www.etsy.com)

How to Find a Therapist

by Faith Harper

Portland, Oregon. 26 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

I'm Not Okay [6/10]

by Azrielle de Vor

Sydney, Australia, 2019. 8 pages. Source: [Etsy.com](https://www.etsy.com)

It's Okay

by Lex Kartane

6 pages. Source: [Etsy.com](https://www.etsy.com)

Marie and Worrywart

by Jenn Woodall

Canada, 2020. 28 pages. Source: [Thankubody Zines](https://www.thankubodyzines.com)

Men Don't Cry: Mental Health and the Male

United Kingdom, 2018. 8 pages. Source: [Pen Fight Zines](https://www.penfightzines.com)

Mettanoia [Vol 2]

by Shea Pederson

Portland, Oregon. 21 pages. Source: [Thankubody Zines](https://www.thankubodyzines.com)

Mettanoia [Vol 3]

by Shea Pederson

Portland, Oregon. 22 pages. Source: [Thankubody Zines](https://www.thankubodyzines.com)

Mettanoia [Vol 4]
by Shea Pederson
Portland, Oregon. 26 pages. Source: [Thankubody Zines](#)

Mettanoia [Vol 5]
by Shea Pederson
Portland, Oregon. 22 pages. Source: [Thankubody Zines](#)

Mettanoia [Vol 6]
by Shea Pederson
Portland, Oregon. 26 pages. Source: [Thankubody Zines](#)

Mettanoia [Vol 7]
by Shea Pederson
Portland, Oregon. 42 pages. Source: [Thankubody Zines](#)

Mettanoia [Vol 8]
by Shea Pederson
Portland, Oregon. 34 pages. Source: [Thankubody Zines](#)

Mettanoia [Vol 9]
by Shea Pederson
Portland, Oregon. 30 pages. Source: [Thankubody Zines](#)

Mettanoia [Vol 10]
by Shea Pederson
Portland, Oregon. 30 pages. Source: [Thankubody Zines](#)

My Brain on Borderline Personality Disorder: A Mental Health Mini-Zine
8 pages. Source: [Etsy.com](#)

Nostalgia Is a Liar
by K Yocius
2021. 8 pages. Source: [Etsy.com](#)

neuroAtypical [Issue 6]
by Lex Kartane
Germany. 32 pages. Source: [Etsy.com](#)

"Okay Not to Be"
by Emma Webster
California, 2019. Source: [Etsy.com](#)

Out of the Fog

by Jenn Autry

Portland, Oregon, 26 pages. Source: [Thankubody Zines](#)

Passage

by Lauren Norby

2021. 8 pages. Source: [Etsy.com](#)

**Collocated: Pandemics & Epidemics*

Please: A Zine Comic About Dissociation

by T Herbert

8 pages. Source: [Etsy.com](#)

Proud to Be Retarded [Issue 1]

by Joel Biel

Portland, Oregon, 62 pages. Source: [Microcosm Publishing](#)

Quarantine Year One

by Lara Sidra

Spring, Texas, 2021. 8 pages. Source: [Etsy.com](#)

**Collocated: Pandemics & Epidemics*

A Quaranzine: 2021

by Lara Sidra

Spring, Texas, 2021. 8 pages. Source: [Etsy.com](#)

**Collocated: Pandemics & Epidemics*

Relapse: A Zine on Mental Health Recovery

by Jessie Feigert

Georgia. Source: [Etsy.com](#)

Sensory Toys

by Lex Kartane

Germany, 24 pages. Source: [Etsy.com](#)

Sick Love

United Kingdom. 32 pages. Source: [Pen Fight Zines](#)

So You Want to See a Therapist

by Elly Kalfus and Pleasure Pie

8 pages. Source: [Etsy.com](#)

Some Experiences

by Lara Sidra

Unknown Spring, Texas, 2021. 8 pages. Source: [Etsy.com](https://www.etsy.com)

**Collocated: Pandemics & Epidemics*

Stressed & Overwhelmed

by Elly Blue

Portland, Oregon, 22 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

Sure Thing, but Fuck the Cold

by Rowen Lohmann

6 pages. Source: [Etsy.com](https://www.etsy.com)

Surviving

by Faith Harper

Portland, Oregon, 18 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

Synapse: A Zine About Mental Health

by David Boone

California, 2020. 18 pages. Source: [Etsy.com](https://www.etsy.com)

Therapy Is Hard / Difficile la Thérapie

by Elisabeth Dufresne

Canada, 2021. 8 pages. Source: [Etsy.com](https://www.etsy.com)

English / French

Things I Tell People Happened to my Arms

by Rachel Olive Rowen

United Kingdom, 2018. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Things That Are Banned on the Psych Ward: An Incomplete List

by Rachel Olive Rowen

United Kingdom, 2018. 8 pages. Source: [Etsy.com](https://www.etsy.com)

This Zine Has Issues [Issue 1]

by Dave Combs

Portland, Oregon, 2019. 34 pages. Source: [Thankubody Zines](https://www.thankubodyzines.com)

This Zine Has Issues [Issue 2]

by Dave Combs

Portland, Oregon, 2020. 38 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

This Zine Has Issues [Issue 3]

by Dave Combs

Portland, Oregon, 2020. 42 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

Trauma Is Really Strange

by Steve Haines

London, 2016. 34 pages. Source: [Thankubody Zines](#)

Trying to Keep Family Happy During Quarantine

by Lara Sidra

Spring, Texas, 2020. 8 pages. Source: [Etsy.com](#)

**Collocated: Pandemics & Epidemics*

Unfuck Your Breathing

by Faith Harper

Portland, Oregon, 2021. 14 pages. Source: [Microcosm Publishing](#)

Unfuck Your Mental Health Paradigm

by Faith Harper

Portland, Oregon, 2020. 26 pages. Source: [Thankubody Zines](#)

Unfuck Your Stress

by Faith Harper

Portland, Oregon, 2021. 22 pages. Source: [Microcosm Publishing](#)

Wow Thanks I'm Cured

by Salmonid4e

8 pages. Source: [Etsy.com](#)

Yeah, I'm Fine

by Zulaikha

6 pages. Source: [Etsy.com](#)

Your Neuro Diverse Friend [Issue 1]

by Joel Biel

Portland, Oregon. 51 pages. Source: [Microcosm Publishing](#)

Zoloft Thoughts Zine

by Miles Lyons

Oakland, California. 8 pages. Source: [Etsy.com](#)

Mental Health and Psychology

Anxiety

Anxiety Is Really Strange

by Steve Haines

London, 2018. 33 pages. Source: [Thankubody Zines](#)

Anxious Zine // Self-Care Ideas Mini Zine

Source: [Etsy.com](#)

Panic Attack Zine

Source: [Etsy.com](#)

Worry

by K Yocius

2021. 8 pages. Source: [Etsy.com](#)

A Zine About Panic Attacks and How to Deal with Them

by Julia

Germany. 8 pages. Source: [Etsy.com](#)

Mental Health and Psychology
Attention Deficit Disorders

ADHD Ain't a Joke: A Zine About Mental Health

by Johnny Gamber

Baltimore, Maryland. 24 pages. Source: [Etsy.com](https://www.etsy.com)

How It Feels to Have ADHD, an Art Zine

by Taylor Jack Nelson

Utah, 2020. 22 pages. Source: [Etsy.com](https://www.etsy.com)

Mental Health and Psychology

Autism Spectrum Disorders

A Is for Asperger's

by Andrew Coltrin

2017. 28 pages. Source: [Thankubody Zines](#)

Autism FAQ

by Joel Biel

Portland, Oregon, 2021. 78 pages. Source: [Thankubody Zines](#)

The Autism Handbook

by Joel Biel

Portland, Oregon. 31 pages. Source: [Microcosm Publishing](#)

A Bit About Autism I [Vol I]

by Lex Kartane

6 pages. Source: [Wasted Ink Zine Distro](#) and [Etsy.com](#)

Burnt Out Zine: How to Cope with Autistic Burnout

by Jasmine Osborne

United Kingdom, 2019. 6 pages. Source: [Etsy.com](#)

How to Survive the Pandemic while Autistic Zine

by Phil Pot

Amsterdam, 2020. 14 pages. Source: [Etsy.com](#)

**Collocated: Pandemics & Epidemics*

Random Thoughts About Stimming

by Lex Kartane

6 pages. Source: [Wasted Ink Zine Distro](#)

Mental Health and Psychology

Depression

Depression Ain't the Sads

by Johnny Gamber

Maryland. 18 pages. Source: [Etsy.com](#)

Depression with Age

Las Vegas, Nevada. 8 pages. Source: [Etsy.com](#)

The Do-It-Yourself Guide to Fighting the Big Motherfuckin' Sad

by Adam Gnade

2013. 59 pages. Source: [Thankubody Zines](#)

Things to Do when You're in a Depressive Spiral

by Janine Kwoh

6 pages. Source: [Thankubody Zines](#)

Mental Health and Psychology
Eating Disorders

Caged: The Year an Eating Disorder Visited My Family

by Cheri Satre

Minnesota, 2017. 14 pages. Source: [Etsy.com](https://www.etsy.com)

Eat This Sandwich

by LB Lee

Monterey, Massachusetts, 2014. 8 pages. Source: [Etsy.com](https://www.etsy.com)

Let Your Fingers Do the Walking

by Johnnie B Baker

United Kingdom, 2016. 10 pages. Source: [Pen Fight Zines](https://penfightzines.com)

Recovered(ish) – A Zine About Eating Disorders

by Laura Saunders

United Kingdom, 2018. 24 pages. Source: [Pen Fight Zines](https://penfightzines.com)

Mental Health and Psychology
Self-Help

(This) Body Matters: A Collaborative Zine on Body Image

by Laura Saunders and Marion Tout

United Kingdom, 2018. 28 pages. Source: [Pen Fight Zines](#)

Mental Health and Psychology
Trauma and Post-Traumatic Stress Disorder (PTSD)

Psych Trauma Recovery

by Annie Pocalypse

15 pages. Source: [Etsy.com](https://www.etsy.com)

PTSD F*cking Sucks. A Mini Zine

Source: [Etsy.com](https://www.etsy.com)

State of Mind 2: Exploring Trauma

by Mary

Massachusetts. Source: [Etsy.com](https://www.etsy.com)

This Is Your Brain on PTSD

by Faith Harper

Portland, Oregon. 23 pages. Source: [Thankubody Zines](https://www.thankubodyzines.com)

Nutrition and Fitness
Holistic Wellness (Including Mindfulness and Meditation)

Cat's Claw Herbal

by Heron Brae

Portland, Oregon, 2002. 32 pages. Source: [Thankubody Zines](#)

Embodied Meditation

by Heather Anacker

2021. 10 pages. Source: [Thankubody Zines](#)

A Love Supreme: Meditating while Black

By Golden

Philadelphia, Pennsylvania, 2020. 44 pages. Source: [Etsy.com](#)

**Collocated: African Americans / Black Americans*

Sexual and Reproductive Health General Titles

Barren: A Zine about Being Childfree

by Janet

Leicester, 2016. 14 pages. Source: [Pen Fight Zines](#)

Birth Control, Synthetic Hormones, and You!

by Ashley Hartman Annis

Portland, Oregon, 2019. 35 pages. Source: [Microcosm Publishing](#)

Brick

by Janet

Leicester, 2016. 15 pages. Source: [Pen Fight Zines](#)

Contraception Zine

United Kingdom, 56 pages. Source: [Pen Fight Zines](#)

Disability & Sexuality

by Ashley Hartman Annis

Portland, Oregon, 2017. 19 pages. Source: [Thankubody Zines](#)

**Collocated: Health of People with Disabilities*

Fem Static Know Yourself [Issue 7]

by Charissa Lucille

2021. 41 pages. Source: [Wasted Ink Zine Distro](#)

Free to Choose

by Esther Eberhardt

Portland, Oregon. 23 pages. Source: [Microcosm Publishing](#)

I'm Not Ready

Portland, Oregon, 2019. 14 pages. Source: [Microcosm Publishing](#)

Jane

by Judith Arcana

Portland, Oregon, 2019. 65 pages. Source: [Microcosm Publishing](#)

Let's Talk

by Fuckin' A

New York, 2012. 25 pages. Source: [Etsy.com](#)

Period Sex

by Pleasure Pie

Boston, Massachusetts. 17 pages. Source: [Etsy.com](#)

STI FAQ

by Aaron Sapp, Bonnie Scott, and Faith Harper

Portland, Oregon, 27 pages. Source: [Microcosm Publishing](#)

Take Back Your Life

by Alicia Non grata

Portland, Oregon, 15 pages. Source: [Microcosm Publishing](#)

Wildseed Feminism

by Rachel Blanton

Portland, Oregon, 2018. 12 pages. Source: [Microcosm Publishing](#)

Social Issues
Diversity, Equity, and Inclusion

Women in STEM

by Vicky Stevenson

England, 2015. 8 pages. Source: [Pen Fight Zines](#)

Social Issues
Racism

Brown Girls 2 [Issue 2]

by Seleena Laverne Daye

United Kingdom, 2015. 37 pages. Source: [Pen Fight Zines](#)

Women's Health
(See also Sexual and Reproductive Health)
General Titles

3 Mini Perzines on Endometriosis

8 pages. Source: [Etsy.com](https://www.etsy.com)

Awesome Ovaries

by Caitlin McMurty and Ashley Hartmann Annis

Portland, Oregon, 2019. 43 pages. Source: [Thankubody Zines](https://www.thankubodyzines.com)

Breasts

by Kim Rounsefell

5 pages. Source: [Thankubody Zines](https://www.thankubodyzines.com)

DIY Upcycled Menstrual Cloth Pads (a Zine Guide)

Source: [Pen Fight Zines](https://www.penfightzines.com)

Do You Have a Cervix?

by Tina Chu

Portland, Oregon, 2020. 14 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

Endon Metra Osis

by Laura Rowley

New York, 2019. 20 pages. Source: [Etsy.com](https://www.etsy.com)

How to Make Your Very Own Menstrual Pads

by Ashley Hartman Annis

Portland, Oregon, 2018. 20 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

Menstruation Sensation

by Alyssa Beers

Portland, Oregon, 2020. 22 pages. Source: [Microcosm Publishing](https://www.microcosmpublishing.com)

Not a Bloody Luxury: The Mega Period

by A Melton and L Cooper

United Kingdom, 2018. 42 pages. Source: [Pen Fight Zines](https://www.penfightzines.com)

Passage: A Guide to Periods

by Michelle Singer

Portland, Oregon, 2019. 28 pages. Source: [Thankubody Zines](https://www.thankubodyzines.com)

Why I Got My Breast Reduction

by Heather Jackson

2017. 23 pages. Source: [Thankubody Zines](#)