

Mental Health Book List

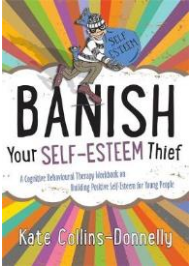

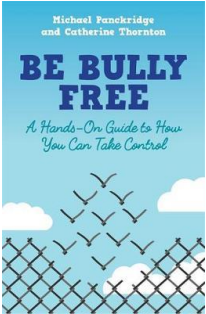
Part of the Reading Agency's Shelf Help and Books on Prescription initiative

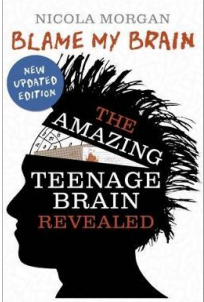

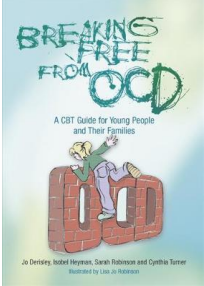



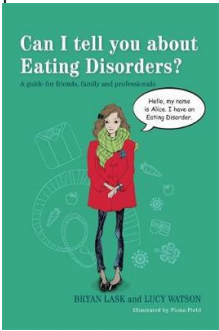

Mental Health Non-Fiction	Pages 2-18
Mental Health Fiction.....	Pages 19-32
Mental Health Quick Picks.....	Pages 33-35

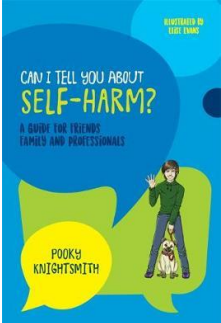
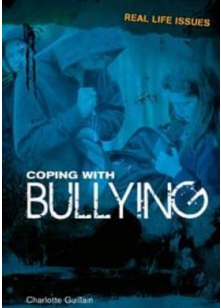
Please note: In the Library, ONLY the Non-Fiction books are in the Mental and Physical Health Section. Fiction books are arranged by genre, and then alphabetically by author's surname. All Quick Picks are arranged by genre.

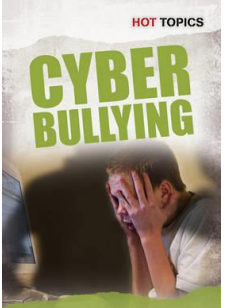
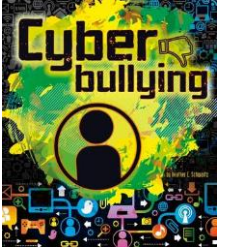
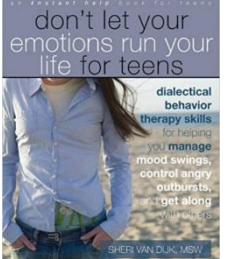

Mental Health – Non-Fiction (Listed TITLE A-Z)

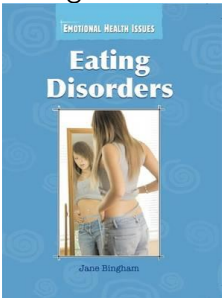
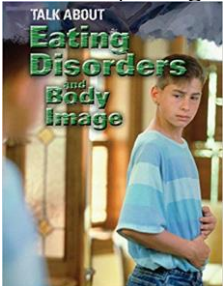
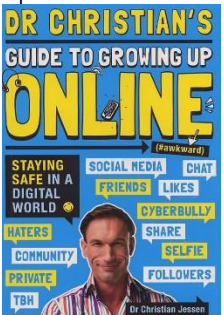
Title/Cover	Authors(s)	Themes/Keywords	Annotation/Notes
<p>Banish your Self-Esteem Thief</p> 	<p>Kate Collins-Donnelly</p>	<p>Self-esteem, emotions, confidence CBT, therapy book</p> 	<p>Build confidence and self-esteem with this fun and effective workbook for young people. Look out - the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how! Packed with activities and real-life stories, this imaginative workbook will show you what self-esteem is, how it develops, the impact it can have and how all this applies to your own self-esteem. Using cognitive behavioural and mindfulness principles and techniques, this workbook will help you change how you think and act in order to build positive self-esteem, protect your Self-Esteem Vault and banish your Self-Esteem Thief for good! Fun, easy to read and full of tips and strategies, this is an excellent workbook for young people aged 10+ to work through on their own or with the help of a parent or practitioner. NOTE : This title is intended as a workbook and therefore has fill-in pages throughout, and is not suitable for loan.</p>
<p>Be bully free: a hands on guide to how you can take control</p> 	<p>Michael Panckridge and Catherine Thornton</p>	<p>Bullying, confidence, self-esteem, advice book</p>	<p>An advice guide for teenagers on how to deal with bullying. With bullying affecting approximately one in five children, and an increase in bullying on social media, it remains a frighteningly common issue for children growing up today. Written in a young adult fiction style, Be Bully Free gives the recipient of bullying direct and practical advice to help empower them and take back control of their situation. The advice is grounded in real world, everyday bullying scenarios and additional information is provided to help children in a range of well-being areas such as nutrition, exercise, sleep, anxiety and more, making the book a highly valuable resource for any child 11+ who is experiencing or has experienced bullying.</p> <p>Sections for families and schools are also included.</p>

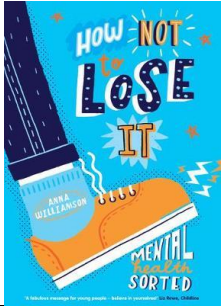
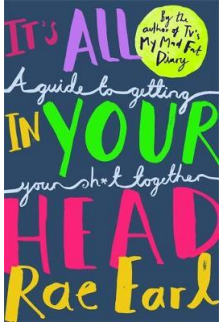
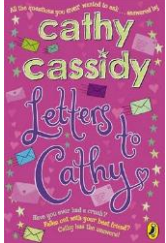
<p>Blame my Brain: the amazing teenage brain revealed</p> 	<p>Nicola Morgan</p>	<p>Psychology, behaviour</p> 	<p>A guide to the biological mysteries that lie behind teenage behaviour Contrary to popular (parental) opinion, teenagers are not the lazy, unpleasant - frankly, spotty - louts that they occasionally appear to be. During the teenage years the brain is undergoing its most radical and fundamental change since the age of two. This carefully researched, accessible and humorous explanation of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders, the reasons behind addiction and depressions, and what lies ahead</p>
<p>Breaking free from OCD</p> 	<p>Jo Derisley, Isobel Heyman, and Sarah Robinson</p>	<p>Obsessive Compulsive Disorder, CBT, self-help guide</p>	<p>A self-help guide to obsessive-compulsive disorder for children and their parent/guardians. Obsessive-compulsive disorder (OCD) is a potentially life-long debilitating disorder, which often emerges during teenage years and affects as many as 1 in every 50 people. Young people living with OCD experience recurrent obsessions or compulsions that are distressing and interfere with their social lives, relationships, educational functioning and careers. Written by leading experts on OCD, this step-by-step guide is written for adolescents with OCD and their families, to be used in home treatment or as a self-help book. Using the principles of cognitive behavioural therapy (CBT), which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker. The guide provides useful advice and worksheets throughout. This self-help book for young people is an invaluable resource for adolescents who have suffered from, or know someone who has suffered from, OCD, their families, teachers, carers, and mental health professionals.</p>

<p>The book of no worries</p> 	<p>Lizzie Cox</p>	<p>Stress, anxiety, Life skills</p>	<p>Examines some of the things that cause stress and worry for young people and offers a series of coping strategies. This essential guide covers ALL the worries and anxieties that you might face while growing up. Whether it's problems at school, relationship woes, the non-stop pressure of social media, body image issues or troubles at home. Positive advice, plus case studies and real-life questions from young people, will help you conquer the angst and stress that can get us all down. The Book of No Worries reassures readers that their worries and fears are normal, and offers practical tips for managing anxiety and stress - focusing on the emotional wellbeing and mental health of young people.</p>
<p>Can I tell you about eating disorders? A guide for family, friends, and professionals</p> 	<p>Bryan Lask and Lucy Watson</p>	<p>Eating disorders, anorexia nervosa</p> 	<p>Looks at a variety of eating disorders from the perspective of young people suffering with them. Meet Alice - a teenage girl with anorexia nervosa. Alice invites readers to learn about anorexia nervosa and how it makes her see herself differently from how other people see her. She also introduces readers to Beth who has bulimia nervosa, Sam who has selective eating problems, Francesca who has functional dysphagia and Freddie who has food avoidance emotional disorder. They all explain why they find food difficult and how their eating disorders are different. This illustrated book is an ideal introduction to understanding the complex issues surrounding eating disorders. It shows family, friends and teachers how they can support a young person with an eating disorder and will also be a good place to start when encouraging open conversations about eating disorders at school or at home.</p>

<p>Can I tell you about self-harm? A guide for family, friends, and professionals</p> 	<p>Pooky Knightsmith</p>	<p>Self-harm, safety</p>	<p>A resource for starting discussions with children and teenagers whose negative emotions manifest themselves through self-harming. Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much. The latest in the best-selling Can I Tell You About... series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family.</p>
<p>Coping with bullying</p> 	<p>Guillain, Charlotte</p>	<p>Bullying, self-esteem, confidence, safety</p>	<p>No info available</p>

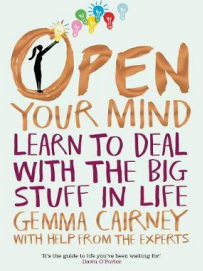

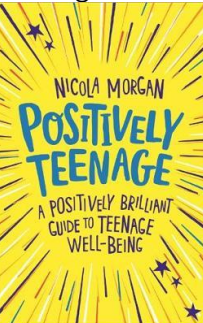
<p>Cyberbullying</p> 	<p>Nick Hunter</p>	<p>Bullying, social media, Internet, safety</p>	<p>Explores issues surrounding bullying by computer and telephone. The issues covered in this series are current and newsworthy real issues that teens regularly face in their schools and communities. The topics are tied in with media and information literacy standards, to compare media hype vs. the reality of the issues. This book explains the many forms cyber bullying can take, how it hurts the people involved, and what can be done to prevent it. What's inside? Case studies provide accounts of the real people, companies, and organizations dealing with the issues. Discussion of how the media can influence opinion. Engaging questions that will encourage critical thinking and debate.</p>
<p>Cyberbullying</p> 	<p>Heather E. Schwarts</p>	<p>Bullying, online, Internet, safety</p>	<p>Gives advice on how to stay safe from online bullying while using computers and mobile phones. If a classmate sends threatening e-mails to you, do you know what to do? Don't worry if you don't. This book is here to help! Learn tech-savvy ways to keep bullies out of your technology without taking away all the fun! Using technology, such as a mobile phone or social networking site, is great fun. But it can also open doors to unsafe situations. Protect yourself by getting all the facts on what to watch out for. Only you have the power to keep technology useful, safe and enjoyable.</p>
<p>Don't let your emotions ruin your life for teens</p> 	<p>Sheri Van Dijk</p>		<p>Don't Let Your Emotions Run Your Life for Teens is a workbook that can help. In this book, you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way. Based in dialectical behavior therapy, a type of therapy designed to help people who have a hard time handling their intense emotions, this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence. This book offers easy techniques to help you: Stay calm and mindful in difficult situations, Effectively manage out-of-control emotions, Reduce the pain of intense emotions and Get along with family and friends</p>


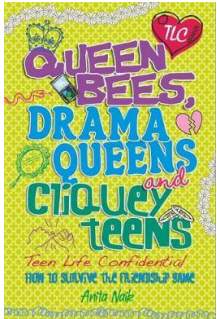


<p>Eating disorders</p> 	<p>Jane Bingham</p>	<p>Eating disorders, anorexia nervosa, self-image</p>	<p>Discussion of eating disorders with information about how to overcome them. This book presents the facts about anorexia, bulimia and other eating disorders, such as binge eating. It looks at the signs and symptoms of each condition as well as the physical and psychological effects on young people. It considers how and why young people can develop problems with eating and gives advice on how to seek help to overcome the conditions and deal with the underlying issues that may have given rise to them. Case studies allow readers to learn from the experience of others who have faced similar problems. The book presents readers with clear information as well as providing them with information about sources of support and help.</p>
<p>Eating disorder and body image</p> 	<p>Carline Warbrick</p>	<p>Eating disorders, anorexia nervosa, self-image</p>	<p>Growing up involves making decisions and taking responsibility over your life. Each book in this series explores an issue that may affect young people's lives. The books are aimed directly at children and provide support to them and also to parents and teachers. Talk About conveys information about issues in a way that children may experience them first or second hand.</p>
<p>Guide to growing up online</p> 	<p>Christian Jessen</p>	<p>Bullying, online, internet, safety</p>	<p>Advice on how to safely growing up in our digital age. Dr Christian tackles tricky questions about growing up in a digital world. Growing up is never easy - especially when the whole world is watching you ALL the time. TV's favourite doctor tackles all your awkward questions head-on, helping you find out how to stay safe growing up in a digital world. From cyberbullying to binge-watching TV, from group chats to your digital footprint, this book contains REAL answers to REAL questions. It's the ultimate online survival guide.</p>
			<p>A self-help book on how to look after your mental wellbeing for teens. What goes on in your mind is just as important as what goes on in your body and with trained therapist and life coach Anna Williamson on your side you've got a practical</p>

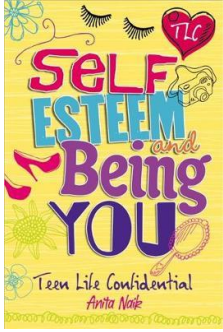



<p>How not to lose it: mental health sorted</p> 	<p>Anna Williamson</p>	<p>Stress, anxiety, depression, wellbeing</p>	<p>and inspiring guide to sorting out issues before they take over your life. Speaking from her own experience, Anna can show you How Not To Lose It with straightforward advice to help you get your head together.</p>
<p>It's all in your head</p> 	<p>Rae Earl</p>	<p>Stress, anxiety, eating disorders, OCD, depression, wellbeing</p>	<p>The author talks about her own experiences with mental health issues and imparts advice for readers experiencing their own issues. What I hope you take away from this book: good Mexican food deserves to go viral; good underwear never features the word 'string'; good mental health is the single most important thing you need to live a happy life. I don't have a psychology degree - in fact, I once tried to throw a typewriter at a child psychiatrist (this was in the days before MacBook pros) - but I do have experience, understanding and coping mechanisms to help you get your sh*t together. From anxiety and eating disorders to OCD and psychosis, I want to help break down taboos surrounding mental health conditions (which directly affect 1 in 4 of us each year - you are NOT alone) and help you come out the other side happier and healthier. I'd also like to gift you with a deeper understanding of what's going on in your head, and how to navigate through life without feeling overwhelmed or isolated</p>
<p>Letters to Cathy</p> 	<p>Cathy Cassidy</p>	<p>Life skills</p>	<p>Tips and help about getting through adolescence from ex-agony aunt, and author Cathy Cassidy. There are no questions Cathy Cassidy hasn't been asked and isn't afraid to answer, from growing-up to dating, making friends, following your dreams and much more. Through the happy times, the mad and crazy times and the days when you simply find yourself asking 'Why?' - whatever's bugging you, Cathy can help...</p>

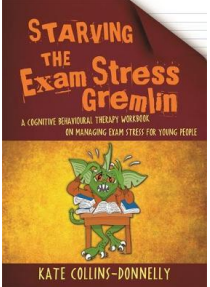
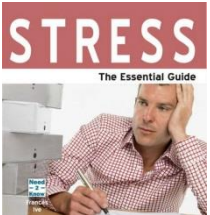
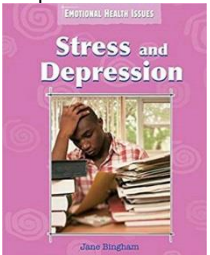
<p>Life inside my Mind</p> <p>31 AUTHORS SHARE THEIR PERSONAL STRUGGLES edited by Jessica Burkhart</p>	<p>Jessica Burkhart (ed.)</p>	<p>Neurodiversity, OCD, PTSD, substance use, suicide, self-harm, anxiety, depression, wellbeing</p>	<p>31 authors write about their personal experiences with mental health issues. Have you ever felt like you just couldn't get out of bed? Not the occasional morning, but every day? Do you find yourself listening to a voice in your head that says "you're not good enough," "not good looking enough," "not thin enough," or "not smart enough"? Have you ever found yourself unable to do homework or pay attention in class unless everything is "just so" on your desk? Everyone has had days like that, but what if you have them every day?</p> <p>You're not alone. Millions of people are going through similar things. However issues around mental health still tend to be treated as something shrouded in shame or discussed in whispers. It's easier to have a broken bone-something tangible that can be "fixed"-than to have a mental illness, and easier to have a discussion about sex than it is to have one about mental health.</p> <p>Life Inside My Mind is an anthology of true-life events from writers of this generation, for this generation. These essays tackle everything from neurodiversity to addiction to OCD to PTSD and much more. The goals of this book range from providing a home to those who are feeling alone, awareness to those who are witnessing a friend or family member struggle, and to open the floodgates to conversation.</p> <p>NOTE : Contains drinking, drug taking and descriptions of suicide.</p>
<p>Mental: Become your own mental health expert</p> <p>Dr. Steve Ellen & Catherine Deveny</p> <p>Mental Become your own mental health expert</p>	<p>Dr Steve Ellen and Catherine Deveny</p>	<p>Wellbeing, information, anxiety, depression, self-harm, addiction, personality disorders</p>	<p>Explains different mental health issues and offers advice managing your own mental health and well-being. How do we define mental illness? What does a diagnosis mean? What should you ask your doctor before you begin treatment? Are there alternatives to medication? What does the research show actually works? Practitioner and professor of psychiatry Dr Steve Ellen and popular comedian Catherine Deveny combine forces to demystify the world of mental health. Sharing their personal experiences of mental illness and an insider perspective on psychiatry, they unpack the current knowledge about conditions and treatments covering everything from depression and anxiety to schizophrenia, personality disorders and substance abuse. Whether you have a mental illness or support someone who does, Mental offers clear practical help, empowering you with an arsenal of tips and techniques to help build your resilience.</p>



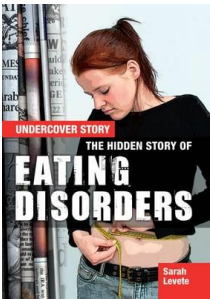
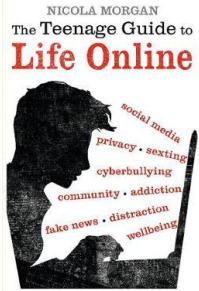
<p>Mind your Head</p> 	<p>Juno Dawson</p>	<p>Psychology, wellbeing, information, anxiety, depression, self-harm, addiction, personality disorders</p> 	<p>A frank look at mental health and issues that may affect teenagers. We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk about our mental health. Juno Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covering topics from anxiety and depression to addiction, self-harm and personality disorders, Juno and Olivia talk clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them, with real-life stories from young people around the world. Contains chapters on self-harm and suicidal thoughts & drug addiction. Has some small fill-in sections that readers may be tempted to complete.</p> <p>NOTE: Information Book Award Shortlist 2017</p>
<p>Open: a toolkit for how magic and messed up life can be</p> 	<p>Gemma Cairney</p>	<p>Wellbeing, psychology, life skills, anxiety, depression, self-ham, addiction, emotions</p>	<p>Radio One presenter Gemma Cairney gives advice on adolescence, relationships, hormones, mental health, and other topics surrounding becoming an adult.</p> <p>Full of expert advice, stories, things to fill in and places to go for support, this book will be a best friend in times of trouble and topsy-turviness. Covering all the stuff that bashes you over the head with a confusion stick sometimes - like heartbreak, sex and friendships, mental health, creativity and how to make a difference in the world - it will help you with everything from daily anxieties to life's biggest dramas.</p> <p>NOTE: Includes fill-in pages. Contains strong language and detailed, copious discussion of sex including sexual health and relationships.</p>
<p>Open your Mind</p>	<p>Gemma Cairney</p>	<p>Wellbeing, psychology, life skills, anxiety, depression, self-ham, addiction, emotions</p>	<p>Radio One presenter Gemma Cairney gives advice on physical and mental wellbeing. Sometimes it can feel like a big scary world out there, but this book can help, giving you all the tools you need to go out and fight for what you believe in, find what makes you happy, and know where to go for help when things get tough. From finding your voice as an activist to getting a job you love, from coping with anxiety and depression to managing your money and expanding your horizons, this book is here to help. With loads of expert advice, personal stories and things to fill in yourself, it's a book full of answers to life's big questions.</p>

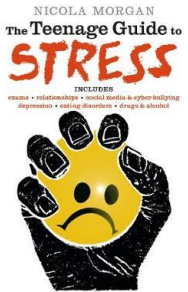



			<p>NOTE : First published in 2017 as part of 'Open: A Toolkit for How Magic and Messed Up Life Can Be.' This new title contains approximately half the content of the first. The other half of the content was published as "Open your heart: learn to love your life and love yourself" (ISBN 9781509876990.)</p> <p>Includes fill-in pages. Contains strong language and detailed, copious discussion of sex including sexual health and relationships.</p>
<p>Overcoming fear of failure</p> 	<p>Honor Head</p>	<p>Stress, anxiety, peer pressure, wellbeing</p>	<p>Looks at the fear of failure and how it can affect people, with coping strategies and positive advice for overcoming it. Lots of people suffer from a fear of failure. It is one of the biggest causes of anxiety and stress for school students. Fear of failure can make us afraid to try new things. For some it means that they have to come first at everything they do. For many fear of failure is linked with low self-esteem. It can make people feel inadequate and ruin their self-confidence. This book explores why we fear failure and how we can overcome it - from understanding that making mistakes isn't always bad to breaking out of our comfort zones.</p>
<p>Positively teenage</p> 	<p>Nicola Morgan</p>	<p>Wellbeing, emotions, stress, anxiety</p>	<p>Advice on how to approach your teenage years with positivity and optimism. Positively Teenage gives you tools to approach your teenage years with optimism and understanding and to develop real wellbeing for life. Full of practical, proven strategies for physical and mental health, Positively Teenage will show you lots of ways to flourish physically and mentally - from doing things you enjoy to learning new skills; looking after your diet, exercise and attitude to being healthy online; getting great sleep to understanding your personality - allowing you to take control of many areas of your life.</p>


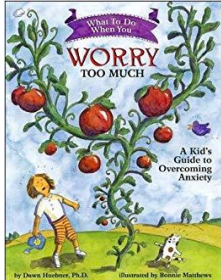
<p>Putting on the Brakes</p> 	<p>Quinn, Patricia O.</p>		<p>Now in its 20th year of publication, <i>Putting on the Brakes</i> remains the essential go-to resource for kids, parents, and professionals looking for tips and techniques on managing attention disorders. This third edition is updated and revised throughout with the latest info, resources, medication types, and glossary terms on ADHD. Written by two nationally recognized ADHD experts, <i>Putting on the Brakes</i> is loaded with practical ways to improve organizational, focusing, studying, and homework skills and contains more strategies for making friends, controlling emotions, and being healthy. This book gives kids with ADHD the tools for success in and out of school and helps them to feel empowered to be the best they can be!</p>
<p>Queen Bees, drama queens and Cliquesy teens</p> 		<p>Stress, anxiety, friendship</p>	<p>Looks at girl friendships and the difficult situations that arise. How do you stand up to a queen bee or drama queen? What do you do when a clique turns on you? Have you thought about what kind of friend you are? This guide will help you work out what to do when girl friendships are causing stress and anxiety. We look at types of friends, coping with the bullies, building your self-esteem, and being a better friend yourself. We'll help you solve those girl-friendship dilemmas.</p>
<p>Quiet the mind</p> 	<p>Matthew Johnstone</p>	<p>Depression, anxiety</p> 	<p>Step-by-step meditative exercises to help cope with depression and negative thinking. In a world where finding even ten minutes to 'do nothing', the benefits of meditation can be profound. Meditation is simply a way of giving our brains a well-deserved break and can actually help our brains to function healthy and happily. This guide is an inspiring and practical book which shows you how to meditate without the need for uncomfortable lotus positions or prayer beads! With his typical gentle and insightful humour, Matthew's guide to meditation will enable you to feel more present, more youthful, have more energy and greater concentration, improve your mood and sleep more soundly.</p>

<p>Self-esteem and being you</p> 	<p>Anita Naik</p>	<p>Self-esteem, confidence, wellbeing, emotions, friendships/relationships</p> 	<p>Gives advice on self-esteem and how to boost your own self-confidence. This TLC guide will show you how to make friends with a very special person - you! It will give you lots of tips on how to think positively about your friendships, your family, your body and your life.</p>
<p>Self-esteem Team's guide to sex, drugs, and wtf?</p> 	<p>The Self-Esteem Team</p>		<p>Sometimes being a teenager can seem like a relentless merry-go-round of people telling you how to dress and behave, who to be friends with, what grades you must get in order to avoid a destiny of failure and, most importantly, why you're spectacularly effing it all up. The Self-Esteem Team know this - because they were teenagers once. Obvs. In fact, they were teenagers enduring bullying, chronic skin issues, 'puppy fat' that refused to budge and 'I'm different from everyone else'-related angst. Later, they battled self-harm, depression and an eating disorder. That's why The Self-Esteem Team started travelling the UK: to give teenagers the tools they need to navigate life on their own terms. Natasha Devon, Grace Barrett and Nadia Mendoza - now a successful journalist, singer/songwriter and showbiz editor respectively - have worked with more than 50,000 young people helping them tackle mental health, self-esteem and body-image issues. This book contains everything you really want to know, but are too embarrassed to ask your teachers, from 'How do I know if I'm healthy?' to 'What's it like to take drugs?' They won't tell you that if you have sex you'll definitely get an STI and die, but they will help you decide if you're ready. They won't tell you never to watch porn, but they will help you decipher what you see. They won't ask you not to embrace fashion, fitness or beauty, but they will give you the info you need to rock your own brand of gorgeous.</p>


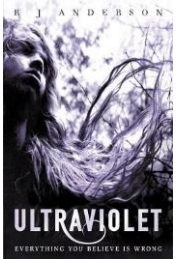
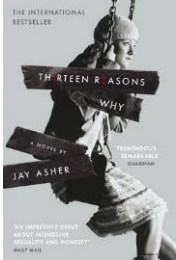
<p>Starving the exam stress gremlin</p> 	<p>Kate Collins-Donnelly</p>	<p>Stress, anxiety, CBT</p>	<p>A self-help manual to help young people deal with the stresses that taking exams can cause. Part of the award-winning Starve the Gremlin series and full of engaging activities, this self-help workbook explains what exam stress is, how it develops and the impact it can have - providing the reader with an understanding of their own exam stress. Rooted in cognitive behavioural therapy, it is also bursting with strategies to help the reader manage their exam stress by changing how they think and act. Starving the Exam Stress Gremlin can be completed independently by young people aged 10+ or with supervision, and with exam stress on the rise among our young people, this invaluable resource will also be of interest to school counsellors, teaching staff, youth workers and social workers and parents.</p> <p>NOTE : Has fill-in elements throughout the book</p>
<p>Stress, The Essential Guide</p> 	<p>Frances Ive</p>	<p>Stress, anxiety, wellbeing</p>	<p>TBA</p>
<p>Stress and depression</p> 	<p>Jane Bingham</p>	<p>Stress, anxiety,, depression, wellbeing</p>	<p>The titles in this series discuss many of the difficult issues and problems young people may encounter which threaten the balance of their emotional health and well-being. This book presents the facts about stress and depression. It looks at the signs and symptoms of each condition as well as the physical and psychological effects on young people. It considers how and why young people can develop stress and depression and gives advice on how to seek help to overcome both the conditions themselves and the underlying issues that may have given rise to them.</p>

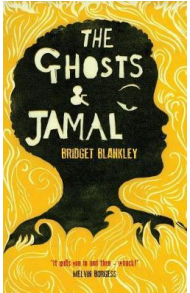
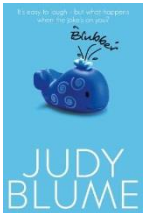
<p>Stuff that sucks</p> 	<p>Ben Sedley</p>	<p>Behaviour, psychology, wellbeing</p> 	<p>A self-help guide for teenagers to help understand their feelings and personal values and behaviour. Each of us has thoughts that are painful at times; sometimes the pain is sadness, sometimes worry or anger or shame or grief or some feeling that you don't even have words for. If you are a young person struggling with your emotions, you do not want to be told that 'everyone feels like that' or that 'you will grow out of it'. You want to feel that your emotions are valid and that the person offering help truly understands how painful life can feel at times. It also shows how to reconnect with what is really important to you, giving you the tools to help clarify your personal values and take steps towards living a life where those values can guide you in your day-to-day behaviour.</p>
<p>The hidden story of eating disorders</p> 	<p>Sarah Levete</p>	<p>Eating disorders, body image, self-harm (10+)</p>	<p>Tackles the subject of eating disorders, why people develop them, and the health problems they can cause. What's an eating disorder and why are they dangerous? Are there any early signs of someone with an eating disorder? How can an eating disorder be overcome? We sometimes hear about eating disorders and their effects in the news, but what's the real story? Take a look at what these conditions are, why they happen and the problems they can cause. Featuring facts and figures, issues being discussed in the media, and a detailed look at particular aspects of the topic from warning signs to why it affects both boys and girls, this book provides the undercover story on eating disorders.</p>
<p>The teenage guide to life online</p> 	<p>Nicola Morgan (12+)</p>	<p>Bullying, online, Internet, safety, wellbeing, life skills</p>	<p>An authoritative guide to navigating the online world for teenagers. The internet is part of our daily lives - most of us check our phones far more than we'd care to admit. We love our little devices...but too much time online can lead to stress, over-sharing, low self-esteem, loss of concentration and may expose us to online abuse. Award-winning author Nicola Morgan provides a balanced and well-researched look at what happens to us all, young and old, when we spend time on our screens; the wonderful positives and worrying negatives. The book will empower you to take control of your time online - to keep it from controlling you</p>

<p>The teenage guide to stress</p> 	<p>Nicola Morgan</p>	<p>Stress, bullying, self-esteem, emotions depression, anxiety (12+)</p> 	<p>A self-help guide for coping with stress for teenagers. This is a scientifically informative and accurate self-help guide to teenage stress. Being a teenager can be incredibly stressful. The pressures of exams, changing bodies, social media, bullying and relationships can lead to low self-esteem, depression, anxiety and ill health. This guide examines all these problems and more, with great strategies for beating them.</p> <p>Looks at the specific worries and fears of teenagers. Suggests positive strategies for healthy minds and bodies. Includes websites and resources.</p> <p>NOTE : Information Book Award Shortlist 2015 (Ages 12-16)</p>
<p>The Truth about Self-Harm: for young people and their friends and family</p>	<p>Celia Richardson</p>	<p>Self-harm, safety, wellbeing</p> 	<p>This booklet aims to help you understand more about self-harm and what to do if you are worried about yourself or someone else. It explains what self-harm is, what to do if you or someone you know is self-harming, and how to get help. Self-harm is very common and affects more people than you think. All of the information in the booklet is based on the findings of the National Inquiry into Self-harm among young people. The inquiry was carried out by two charities, The Mental Health Foundation and The Camelot Foundation. The inquiry panel heard evidence from many hundreds of people including young people who self-harm, or have self-harmed in the past, and those who work with or care about them. This booklet is based on what they said. The booklet was developed by Celia Richardson, Kristen Morgan and Claire Walsh.</p>
<p>You are awesome</p> 	<p>Sophie Golding</p>	<p>Self-esteem, confidence, wellbeing</p>	<p>This inspirational little book is packed with uplifting and positive quotations to spur you into action and give you a high-five. Let nothing stop you and nobody knock you, because you're awesome - and don't you forget it!</p>

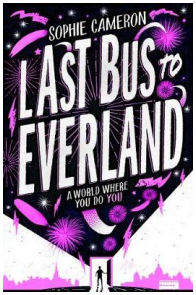
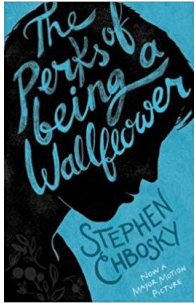
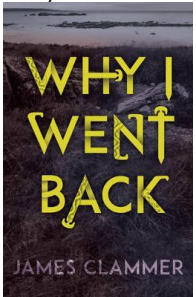
<p>You're crushing it: Positivity for living your real life</p> 	<p>Lex Croucher</p>	<p>Self-esteem, confidence, wellbeing (14+)</p>	<p>Advice for trying to live your life to its full potential. I am not what other people say about me...unless they're saying I'm really great. Learn that you can face whatever today throws at you, because it has terrible aim anyway. And realise that only you scrutinise your flaws - seriously no one else is paying attention - there's far too much interesting stuff on Netflix. Honest, thoughtful and hilarious, Lex Croucher offers sound advice on growing up, navigating the trials of starting work as well as maintaining friends and relationships in the overwhelming world of social media. Before you resort to burying your phone at the bottom of a very big hole, Lex reminds us that no one's got everything completely sussed and some positive thinking can help you face life without the need of a flattering filter. NOTE: Lex Croucher has an online following, with over 130,000 YouTube subscribers, 107,000 Twitter followers and 22,000 Instagram followers.</p>
<p>What to do when you worry too much</p> 	<p>Dawn Huebner</p>	<p>Worry, anxiety, stress, wellbeing</p>	<p>What to Do When You Worry Too Much is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.</p>

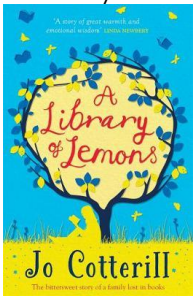
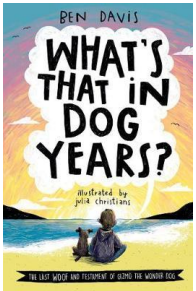
Mental Health – Fiction (Listed AUTHOR’S SURNAME A-Z)

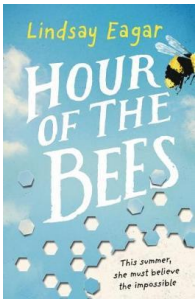
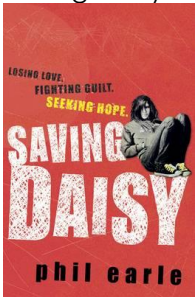
Author(s)	Title/Cover	Themes/Keywords	Annotation/Notes
Alkaf, Hanna	<p>The Weight of Our Sky</p> 	1960s, Malaysia, abroad, MA, mental health, OCD, death, war, riots, rebellion	<p>A music loving teen with OCD does everything she can to find her way back to her mother during the historic race riots in 1969 Kuala Lumpur, Malaysia. On the evening of May 13, 1969, racial tensions in her home city of Kuala Lumpur boil over. The Chinese and Malays are at war, and Mel and her mother become separated by a city in flames. With a twenty-four-hour curfew in place and all lines of communication down, it will take the help of a Chinese boy named Vincent and all of the courage and grit in Melati's arsenal to overcome the violence on the streets, her own prejudices, and her djinn's surging power to make it back to the one person she can't risk losing.</p> <p>NOTE: Includes several deaths including the main character's best friend, and scenes with dead bodies. These are not described in detail, but the circumstances are implied.</p>
Anderson, RJ	<p>Ultraviolet</p> 	Mental health, hospital, synaesthesia, science fiction, thriller, senses, aliens	<p>A girl in a mental facility discovers she has synaesthesia and possibly encounters aliens who are responsible for her current situation. Once upon a time there was a girl who was special. This is not her story. Unless you count the part where I killed her. Sixteen-year-old Alison has been sectioned in a mental institute for teens, having murdered the most perfect and popular girl at school. But the case is a mystery: nobody has been found, and Alison's condition is proving difficult to diagnose. Alison herself can't explain what happened: one minute she was fighting with Tori - the next she disintegrated. Into nothing. But that's impossible. Right?</p>
Asher, Jane	<p>13 Reasons Why</p> 	Suicide, mental health, depression, America, reluctant reader	<p>A boy listens to the recorded memoirs of a classmate who recently committed suicide. Clay Jensen returns home from school one day to find a mysterious box, with his name on it, lying on the porch. Inside he discovers 13 cassette tapes recorded by Hannah Baker - his classmate - who committed suicide two weeks earlier. On tape, Hannah explains that there are thirteen reasons why she did what she did - and Clay is one of them. If he listens, he'll find out how he made the list - and it'll change Clay's life... forever.</p> <p>NOTE : One brief sexual episode at the end of the book</p>

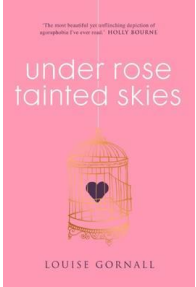
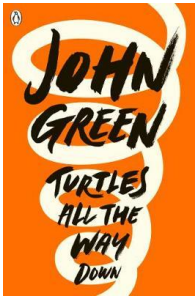
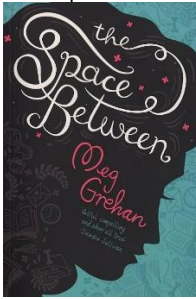
Blankley, Bridget	<p>The Ghosts and Jamal</p> 	Mental health, epilepsy, Nigeria, terrorism, abroad	<p>A Nigerian boy tries to rebuild his life after a terrorist attack kills everyone in his village - including his family - leaving only him alive. Waking up in the aftermath of a terrorist attack, 13-year-old Jamal tries to piece together what has happened whilst simultaneously trying to evade capture by the attackers. It soon becomes clear that he has been living in a separate outhouse from his family on account of the "bad spirits" or rather his epilepsy that plagues him. As he wanders around his family's compound, he comes across red canisters leaking yellow gas, which he works out were the weapon that killed his family. With his family dead, he begins to search for his grandfather who he hardly knows; when his grandfather turns him away Jamal keeps walking. On the way he meets prejudice, exploitation and friendship, before finally discovering that it is people, not ghosts, that have killed his family, and they have plans to keep on killing.</p> <p>NOTE : The main character has epilepsy but this is seen by his community and family as evil spirits coming to him and he is ostracized and annexed from the village as a result. Includes a scene in which the main character's aunt is burnt in a fire with description of the smells etc. Part of the plot also centres on a terrorist bomb.</p>
Blume, Judy	<p>Blubber</p> 	Bullying, school, self-esteem, body image	<p>A girl reluctantly becomes involved in bullying a fellow pupil 'Blubber is a thick layer of fat that lies under the skin and over the muscles of whales...' When Linda innocently reads out her class project, everyone finds it funny. Linda can't help it if she's fat, but what starts as a joke leads to a sustained and cruel ritual of humiliation. Jill knows she should defend Linda, but at first she's too scared. When she eventually stands up to the bullies, she becomes their next victim - and what's worse, Linda is now on their side...</p>
Bourne, Holly	Am I Normal Yet?	Mental health, romance, friendship, humour, UK, reluctant reader	<p>A teen girl struggles to live a 'normal' life while in the grip of OCD All Evie wants is to be normal. She's almost off her meds and at a new college where no one knows her as the girl-who-went-nuts. She's even going to parties and making friends. There's only one thing left to tick off her list... But relationships are messy - especially relationships with teenage guys. They can make any girl feel like they're going mad. And if Evie can't even tell her new friends Amber and Lottie the truth about herself, how will she cope when</p>


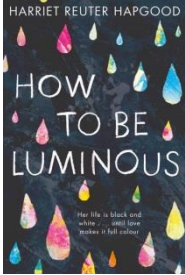

			<p>she falls in love?</p> <p>Shortlisted for Bookseller YA Prize 2016</p>
<p>Bourne, Holly</p>	<p>Are We All lemmings and Snowflakes?</p> 	<p>Mental health, relationships, friendships</p>	<p>A girl with mental health problems tries to cure herself and others around her. Welcome to Camp Reset, a summer camp with a difference. A place offering a shot at "normality" for Olive, a girl on the edge, and for her new friends, who are all dealing with their own battles. But as Olive settles in, she starts to wonder - maybe it's this messed up world that needs fixing, and not them. And so she comes up with a plan. Because together, snowflakes can form avalanches.</p> <p>NOTE : Self-harm, child abuse and various mental illnesses are also discussed.</p>
<p>Bowman, Akemi Dawn</p>	<p>Starfish</p> 	<p>Families, relationships, mental health, art, MA, anxiety</p>	<p>A half-Japanese teen grapples with social anxiety and her toxic relationship with her narcissist mother in the wake of a crushing rejection from art school. Kiko Himura has always had a hard time saying exactly what she's thinking. With a mother who makes her feel unremarkable and a half-Japanese heritage she doesn't quite understand, Kiko prefers to keep her head down, certain that once she makes it into her dream art school, Prism, her real life will begin. But then Kiko doesn't get into Prism, at the same time her abusive uncle moves back in with her family. So when she receives an invitation from her childhood friend to leave her small town and tour art schools on the west coast, Kiko jumps at the opportunity in spite of the anxieties and fears that attempt to hold her back. And now that she is finally free to be her own person outside the constricting walls of her home life, Kiko learns life changing truths about herself, her past, and how to be brave.</p> <p>NOTE : Main character was sexually abused by her uncle when she was a young girl and this is briefly described. She is also not believed by her mother about the abuse</p>

<p>Cameron, Sophie</p>	<p>Last Bus to Everland</p> 	<p>Fantasy, LGBT+, Scotland, Edinburgh., mental health, PTSD, eating disorders, bullies,</p>	<p>A misfit feels he has found a place where he fits in when he meets a friend who introduces him to a magical place called Everland. Brody Fair has had enough of real life. Enough of the bullies on his block, of being second best to his genius brother, and of not fitting in at school or at home. Then one day he meets Nico. Colourful, confident and flamboyant, he promises to take Brody to Everland, a diverse magical place. A place where he can be himself, where there are no rules, time doesn't pass, and the party never ends. The only catch? It's a place so good, you could lose yourself and forget what's real.</p> <p>NOTE : Deals with anxiety, PTSD, bullying and eating disorders. Contains swearing.</p>
<p>Chobsky, Stephen</p> 	<p>The Perks of Being a Wallflower</p>	<p>coming-of-age, substance use, mental health, body image, sexuality, LGBT+, suicide, friendship</p>	<p>Charlie is a freshman. And while he's not the biggest geek in the school, he is by no means popular. Shy, introspective, intelligent beyond his years yet socially awkward, he is a wallflower, caught between trying to live his life and trying to run from it. Charlie is attempting to navigate his way through uncharted territory: the world of first dates and mix-tapes, family dramas and new friends; the world of sex, drugs, and The Rocky Horror Picture Show, when all one requires is that perfect song on that perfect drive to feel infinite. But Charlie can't stay on the sideline forever. Standing on the fringes of life offers a unique perspective. But there comes a time to see what it looks like from the dance floor.</p>
<p>Clammer, James</p>	<p>Why I Went Back</p> 	<p>Myths, divorce/marriage, Arthurian legends, Skellig mental health, depression, bullying</p>	<p>When his bike is stolen by a gang of thieves, a teen boy discovers that they are keeping an old man prisoner in the abandoned factory where they keep their stolen goods. Aidan needs his bike to deliver all the mail his postman dad's been hoarding since his mum was sectioned. But his bike's just been stolen. In the early morning, Aidan chases after the thieves, hellbent on getting it back. When he reaches the abandoned factory where they've stashed his bike, he has moments to grab it and escape. But he finds more than just stolen goods. There's a mysterious prisoner chained to the floor. This is the story of why Aidan goes back.</p> <p>NOTE: Contains some violence and strong language</p>


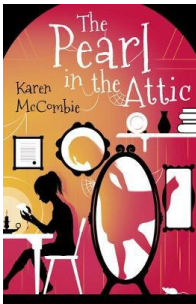
<p>Cotterill, Jo</p>	<p>A Library of Lemons</p> 	<p>Mental health, families, friendship, death, Cancer, bereavement</p>	<p>A girl struggles to cope after the sudden death of her mother then her father's depression. Calypso's mum died a few years ago and her emotionally incompetent Dad can't, or won't, talk about Mum at all. Instead he throws himself into writing his book 'A History of the Lemon.' Meanwhile the house is dusty, there's never any food in the fridge, and Calypso retreats into her own world of books and fiction.</p> <p>When a new girl, Mae, arrives at school, the girls' shared love of reading and writing stories draws them together. Mae's friendship and her lively and chaotic home - where people argue and hug each other - make Calypso feel more normal than she has for a long time. But when Calypso finally plucks up the courage to invite Mae over to her own house, the girls discover the truth about her dad and his magnum opus - and Calypso's happiness starts to unravel. A poignant story about dealing with grief through the magic of reading and friendship.</p> <p>NOTE : Ten-year-old Calypso gradually becomes a child carer to her father as he withdraws further into himself due to acute depression; she often has to make her own meals, wash clothes and once her father starts counselling Calypso has to keep a constant eye over him one weekend when he takes to his bed, refusing to eat.</p>
<p>Davis, Ben</p>	<p>What's that in Dog Years?</p> 	<p>Pets, dogs, death, bereavement, humour, sad, friendship, mental health, divorce</p>	<p>A boy decides to create a bucket list for his dog who he knows is getting old. Gizmo has been my best friend since the day I was born - he's always been around. But now they're telling me he might not always be around which completely sucks. I'm determined that me and Gizmo will have lots more fun and adventures before he goes - I mean, he loves parties, deserves pampering, and needs a break by the seaside. And as for that old saying about how you can't teach an old dog new tricks - it's true, you really can't! Gizmo's bucket list is up and running - unlike Gizmo who is totally lazy and demanding to be carried.</p>

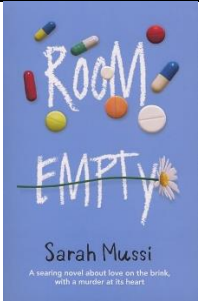


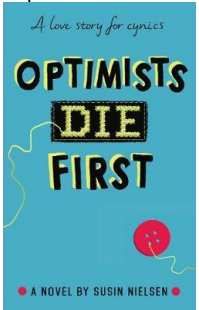
<p>Eager, Lindsay</p>	<p>Hour of the Bees</p> 	<p>Families, grandparents, journey, dementia, imagination, mental health</p>	<p>A girl discovers strange things about her grandfather's past when her family prepare to move him to a care home as his dementia worsens. This powerful debut novel delicately blurs the line between truth and fiction as Carol unravels the fantastical stories of her mentally ill grandfather. When she and her family move to his deserted ranch in order to transfer him to a care home, Carol struggles to cope with the suffocating heat and the effects of her grandfather's Alzheimer's. Bees seem to be following her around, but the drought means this is impossible. She must be imagining things. Yet when her grandfather chooses her as the subject for his stories - tales of a magical healing tree, a lake, and the grandmother she never knew - Carol sees glimmers of something special in what her parents dismiss as Serge's madness. As she rethinks her roots and what she thought she knew about her family, Carol comes to the realisation that Serge's past is quickly catching up with her present.</p> <p>NOTE : At one point the main character takes her grandfather from his care home and drives (without a licence) into the desert. They crash and as a result the grandfather dies. The doctors say he wouldn't have lasted the week anyway.</p> <p>Waterstones Children's Book Prize Shortlist 2017</p>
<p>Earle, Phil</p>	<p>Saving Daisy</p> 	<p>Families, fostering, death, bereavement, mental health</p>	<p>When her father is killed in a car crash, Daisy blames herself for his death, as well as her mother's in childbirth, and is sent to an institute for troubled teenagers. Daisy's mum is gone. Her dad refuses to talk about it. As far as Daisy's concerned, it's all her fault. As her life starts to spiral out of control, panic leads to tragedy and Daisy's left alone. But sometimes the kindness of a stranger can turn things around. A stranger who desperately wants to save Daisy - if she'll only let herself be saved...</p> <p>NOTE : Contains issues of bereavement and mental health, violence, underage drinking and drug taking, strong language, self harm and attempted rape (not explicit). Daisy's teacher attempts to start an inappropriate relationship with her.</p>

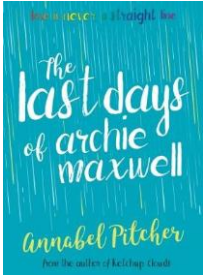
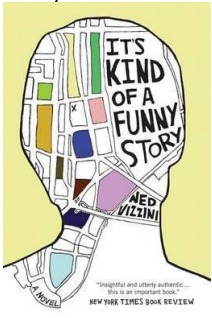
Gornall, Louise	<p>Under Rose-Tainted Skies</p> 	Romance, relationships, mental health, agoraphobia we are all	<p>A teenage girl confined to her house with chronic agoraphobia finds her world changing when a new neighbour moves into the house next door. Agoraphobia confines Norah to the house she shares with her mother. For her, the outside is sky glimpsed through glass, or a gauntlet to run between home and car. But a chance encounter on the doorstep changes everything: Luke, her new neighbour. Norah is determined to be the girl she thinks Luke deserves: a 'normal' girl, her skies unfiltered by the lens of mental illness. Instead, her love and bravery opens a window to unexpected truths...</p>
Green, John	<p>Turtles All the Way Down</p> 	Romance, mystery, mental health, OCD, relationship, friendships	<p>16 year old Aza who has obsessive-compulsive disorder is searching for a fugitive billionaire in the hope of winning a \$100,000 reward. Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis. Aza is trying. She is trying to be a good daughter, a good friend, a good student and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts.</p> <p>NOTE : Contains conversational swearing throughout</p>
Grehan, Meg	<p>The Space Between</p> 	Mental Health, LGBT+ romance, relationships	<p>Beth struggles to cope with her mental health issues but finds solace, friendship and eventually love when a new girl moves in across the street. The story opens on New Year's Day. Beth has a mental health issue: she is deeply anxious, terrified of the world and afraid even to leave the house. Her new year's resolution is to take a year off and live all alone - with no contact with friends, family, colleagues, no phone calls or social media; the only person she will see is the delivery man who brings her groceries once a week. One spring morning, Beth gets a visit from a friendly dog. He comes barking and wagging his tail outside her window. Soon, he is followed by his owner, a young woman who has moved in across the street. Beth breaks her own rule and opens the door to this girl, Alice. Alice brings warmth, friendship and support, and by the</p>

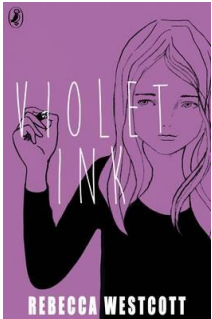
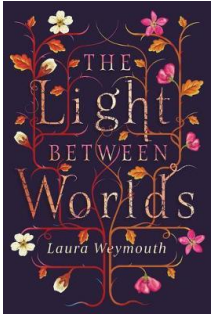
			time New Year's Eve comes round again, Alice and Beth are spending it together and the new year begins with this new family. A story of love and support in the face of mental illness, told through beautiful and modern verse. NOTE : Contains some mild sex scenes.
Haddon, Mark	<p>The Curious Incident of the Dog in the Night Time</p> 	Mental health, Asperger's Syndrome	<i>The Curious Incident of the Dog in the Night-Time</i> is a murder mystery novel like no other. The detective, and narrator, is Christopher Boone. Christopher is fifteen and has Asperger's Syndrome. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey which will turn his whole world upside down.
Hapgoodm, Harriet Reuter	<p>How to be luminous</p> 	Relationships, friendships parents, artists, mental health	Minnie Sloe and her sisters have weathered it all together—growing up without fathers, living an eccentric lifestyle with a pet rabbit named Salvador Dali, and riding out their famous artist mother's mental highs and lows. But then their mother disappears, and Minnie, who was supposed to follow in her footsteps, starts seeing the world in monochrome. Literally. How can she create when all she sees is black-and-white? As grief threatens to tear the three sisters apart, Minnie fears she could lose everything: her family, her future, her first love . . . and maybe even her mind.
Kaysen, Susanna	<p>Girl, Interrupted</p> 	Mental health, personality disorder, memoir, 1960s, America reluctant reader	In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital to be treated for depression. She spent most of the next two years on the ward for teenage girls in a psychiatric hospital renowned for its famous clientele - Sylvia Plath, Robert Lowell, James Taylor and Ray Charles. A clear-sighted, unflinching work that provokes questions about our definitions of sane and insane, Kaysen's extraordinary memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers

<p>Laure, Estelle</p>	<p>This Raging Light</p> 	<p>Romance, families, mental health</p>	<p>A teenage girl tries to hold her life together when her mother abandons her and her younger sister, leaving them to cope for themselves. How is it that you suddenly notice a person? How is it that one day Digby was my best friend's admittedly cute twin brother, and then the next he stole air, gave jitters, twisted my insides up? Lucille has bigger problems than falling for her best friend's unavailable brother. Her mom has gone, leaving her to look after her sister, Wren. With bills mounting up and appearances to keep, Lucille is raging against her life but holding it together - just.</p> <p>NOTE : Main characters have been abandoned by both their parents who due to separate mental health issues cannot cope with family life and real issues. Neighbours are aware and try to help and cover up this situation. Her best friend ends up in a coma after a serious accident although the main character rescued her from drowning.</p>
<p>Levithan, David</p> 	<p>Every Day</p> 	<p>magic, romance, POV, LGBTI+, gender identity, mental health</p>	<p>Each morning, A wakes up in a different body. There's never any warning about who it will be, but A is used to that. Never get too attached. Avoid being noticed. Do not interfere. And that's fine – until A wakes up in the body of Justin and meets Justin's girlfriend, Rhiannon. From that moment, the rules by which A has been living no longer apply. Because finally A has found someone he wants to be with – every day . . .A stunningly original novel that will make you view the world from a different perspective. You can also read Rhiannon's side of the story in Another Day.</p>
<p>Lindstrom, Eric</p>	<p>A Tragic Kind of Wonderful</p> 	<p>Families, relationships, death, school, mental health, bereavement</p>	<p>A girl struggles to cope with mental illness, the death of her brother, and changing friendships until she meets someone new in her life that changes the way that she looks at things. How can you have a future if you can't accept your past? Mel Hannigan doesn't have it easy. Mourning the death of her firework of a brother, trying to fit back into a school she's been conspicuously absent from and struggling to deal with the loss of three friendships that used to mean everything. Struggling to deal with a condition that not even her closest friends know about. So Mel tries to lock away her heart, to numb the highs and lows, to live quietly without hope - but also without pain. Until someone new shows her that it can be worth taking a risk, that opening up to</p>

			life is what can make it glorious...And that maybe, Mel can discover a kind of wonderful of her very own.
Martin, Ann M.	How to look for a lost dog 	Families, pets dogs, animals, mental health, autism	11-year-old Rose is autistic and struggles to understand her classmates. But when her father gives her a stray dog, which she names Rain, the dog becomes her best friend, her anchor in a confusing world. So when Rain goes missing during a storm, Rose refuses to stop looking for her...A touching story from the beloved author of The Babysitters Club.
McCombie, Karen	The Pearl in the Attic 	Victorian, mental health, families, stepfamilies, dementia	A girl unravels a mystery when she discovers a story her grandmother wrote about a girl living in Edwardian London might actually be real. When Scarlet's grandma goes into hospital, she and her Mum must sort through her grandma's belongings in the cramped flat above a shop in Crouch End, north London. Here Scarlet comes across a real treasure: a novel that Gran wrote, imagining the life of a girl just like Scarlet, who once upon a time lived in the flat and worked in a cake shop downstairs. But as Scarlet reads about Ruby's life in Edwardian London, she begins to realise this is no piece of fiction - Ruby was real! A real life, facing real danger - and a mystery that unravels to the present day. NOTE: In the historical strand of the plot a drunken uncle abuses his wife and his niece, although all ends well some sensitive younger readers may find this upsetting.
Mussi, Sarah	Room Empty	Mental health, relationships, anorexia, body image, romance, death	An anorexic teenager starts to remember suppressed memories of her traumatic childhood when she is teamed up with a recovering crack addict as a recovery buddy at the addiction rehab centre they are resident at. Fletcher and Dani are fighting their own inner demons just to stay alive. Dani is ravaged by anorexia and hasn't eaten for days. Fletcher is fighting to stay off the streets and to stay off drugs. Will their attraction to each other save or destroy them? Both patients at the Daisy Bank Rehab Centre, Fletcher wants to help Dani find out about the empty room at the heart of her pain: What happened to Dani in

			<p>that room when she was four? Whose is the dead body that lies across the door? Why won't her mind let her remember? As Dani and Fletcher begin to learn how to love, Sarah Mussi weaves an intoxicating story of friendship, recovery and redemption.</p> <p>NOTE : Includes a suicide in which a character hangs herself. Dani remembers her past as a four-year-old where she is locked in a room with the body of her dead mother who has starved to death. They have been trapped in the room by her mother's employer who has been sexually abusing Dani. This is not detailed in anyway other than Dani remembering the incident.</p>
<p>Nelson, Jandy</p> 	<p>I'll Give You the Sun</p> 	<p>bereavement, friendship, family, romance, LGBT+, mental health</p>	<p>Jude and her twin Noah were incredibly close – until a tragedy drove them apart, and now they are barely speaking. Then Jude meets a cocky, broken, beautiful boy as well as a captivating new mentor, both of whom may just need her as much as she needs them. What the twins don't realize is that each of them has only half the story and if they can just find their way back to one another, they have a chance to remake their world.</p> <p>Awards/Nominations: Printz Award for Excellence in Young Adult Literature</p>
<p>Neilsen, Susin</p>	<p>Optimists Die First</p> 	<p>Relationships, romance, anxiety, disability, mental health</p>	<p>A teen girl who suffers from anxiety attacks after the death of her baby sister meets a disabled boy in an art therapy class and their growing relationship helps her deal with her grief. Petula has avoided friendship and happiness ever since tragedy struck her family and took her beloved younger sister Maxine. Worse, Petula blames herself. If only she'd kept an eye on her sister, if only she'd sewn the button Maxine choked on better, if only... Now her anxiety is getting out of control, she is forced to attend the world's most hopeless art therapy class. But one day, in walks the Bionic Man: a charming, amazingly tall newcomer called Jacob, who is also an amputee. Petula's ready to freeze him out, just like she did with her former best friend, but when she's paired with Jacob for a class project, there's no denying they have brilliant ideas together - ideas like remaking Wuthering Heights with cats. But Petula and Jacob each have desperately painful secrets in their pasts - and when the truth comes out, there's no way Petula is ready for it.</p>

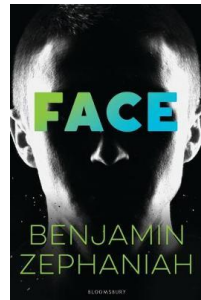
			NOTE : Contains occasional strong language and references to sex Children's Book Award Shortlist 2018
Pitcher, Annabel	<p>The Last Days of Archie Maxwell</p> 	Families, marriage/divorce, bullying, mental health, suicide	<p>A teenage boy struggles to come to terms with the fact that his dad has left home after coming out as being gay and starting a new relationship with another man. Dads leave home all the time. It's not that unusual, really. Leon's dad walked out. So did Mo's. But Archie's? Well, that's a different story - a story that Archie must keep secret at all cost. Archie knows he should accept Dad for who he is, so he hides his turmoil until he can stand it no longer. With nowhere else to turn, he finds himself at the railway track. The track has been calling to him, promising escape, release. The only problem is, it's been calling to someone else too...Particularly suitable for struggling, reluctant and dyslexic readers aged 13+</p> <p>NOTE : Contains strong language from the outset and throughout, as well as frank and explicit discussions of sex and sexual language (both gay and straight) as well as frequent homosexual slurs. There are also characters who aim to end their lives on a train track and one who has succeeded</p>
Vizzini, Ned	<p>It's Kind of a Funny Story</p> 	Mental health, anxiety/depression, humour, America, reluctant reader	<p>A teen boy attempts suicide due to pressure to excel at school and encounters other teens with their own problems at a psychiatric institute. Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life - which means getting into the right high school to get into the right college to get the right job - Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away. The stress becomes unbearable and Craig stops eating and sleeping - until, one night, he nearly kills himself. Craig's suicidal episode gets him checked into a mental hospital, where his new neighbours include a transsexual sex addict, a girl who has scarred her own face with scissors, and the self-elected President Armelio. There, isolated from the crushing pressures of school and friends, Craig is finally able to confront the sources of his anxiety.</p> <p>NOTE : Strong language; sex scenes; recreational drug use</p>

Westcott, Rebecca	<p>Violet Ink</p> 	Families, siblings, relationships, humour, mental health	When Izzy's older teenage sister becomes pregnant it changes the family dynamics. Quiet, contemplative Izzy has always adored her charismatic, confident older sister, Alex. But when Alex starts going out with a new boyfriend, everything changes. Izzy isn't sure she can still trust her sister - but she will never stop loving her. Letters from Alex, written in her distinctive purple pen, keep their relationship alive...
Weymouth, Laura	<p>The Light Between Worlds</p> 	Fantasy, magic, spell, WWII, war, historical, mental health	<p>A girl searches for her missing sister who she suspects has returned to the magical kingdom they were swept away to during World War II. Six years ago, Evelyn and Philippa Hapwell were swept from war-torn England and into a woodland fantasy kingdom. Now back in the real world, eldest sister Philippa is relieved, but Evelyn is grieving for the magical place she called home.</p> <p>When she goes missing, Philippa must confront the truth of what happened to them, and the lengths her little sister was willing to go for a chance to return to the kingdom of her heart...As the weeks unfold, Philippa must discover if Evie crossed safely between worlds or if the light was too bright and she fell.</p> <p>NOTE: While the characters in the book are not the Pevensie children from the Chronicles of Narnia, there are strong parallels between their circumstances. Evelyn self harms by picking stinging nettles without gloves on and injuring herself with a knife.</p>

Zephaniah,
Benjamin



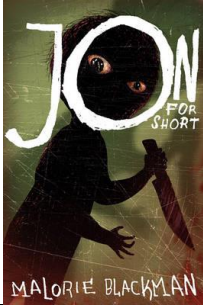
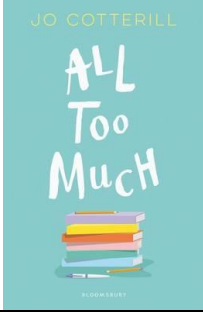
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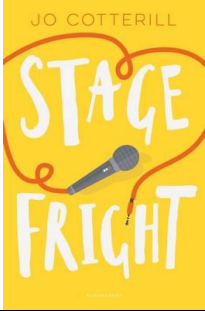
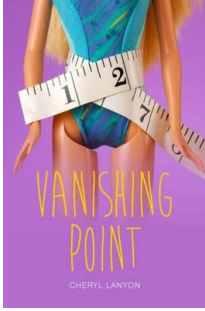
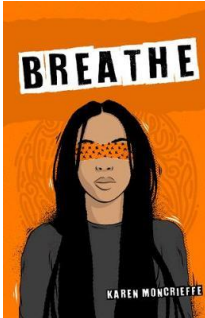


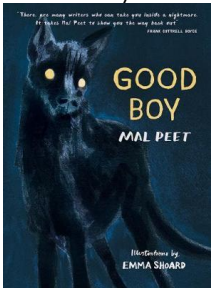
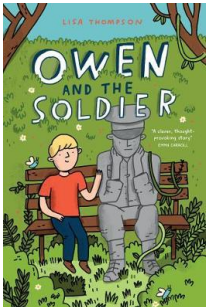
Disabilities,
accidents,
discrimination,
physical, MA

A young man's life is completely changed when his face is badly scarred in a car accident. Martin seems to have it all. He's cool, funny, and he's the undisputed leader of the Gang of Three, who roam their East London estate during the holidays looking for fun. But one night after the Gang leave a late night rap club, Martin accepts a ride from Pete, a Raider's Posse gang member. Too late, he realises that the car is stolen, and that the police are after them. What happens next will change Martin's life and looks, and show him the true meaning of strength, courage, discrimination and friendship.

Mental Health – Quick Picks (Listed AUTHOR’S SURNAME A-Z)

<p>Evans, Ann</p>	<p>Living the Lie</p> 	<p>mental health, families, secrets</p>	<p>A girl tries to keep her mother's mental health a secret from her school friends. Everyone thinks Ella has the perfect life. A big house, the perfect mother. But it's all just one big fat lie. If anyone knew the life she lived, it would mean disaster for Ella and her mum. So the lies go on. But her mum is getting sicker. Ella is torn. She can't tell anyone the truth. But she can't cope either.</p>
<p>Blackman, Malorie</p>	<p>Jon for short</p> 	<p>mental health, dreams, siblings, hospitals</p>	<p>A teenage boy wakes up in a hospital bed with no memory of why he is there and tries to piece together the events that brought him there. As the blade flashed down in the dim light, it seemed to wink, wink, wink...Arms came up to ward off the flashes of light, but it did no good. The flashes got harder and faster. Harder and faster. Jon is in hospital. He can't move. The doctors have taken his arms and he is sure his legs are next. Will Jon ever escape?</p>
<p>Cotterill, Jo</p>	<p>All too Much</p> 	<p>school, peer pressure, self-ham, mental health</p>	<p>A young girl struggles to cope with the pressures of school work and high familial expectations, and resorts to self-harming when she starts to feel overwhelmed. Samira is feeling the pressure. Her dad rings the school to check up on her test results, she's the youngest person ever to join the school quiz team and she really should check her English essay again. Can her friends help her when it all gets too much?</p>

<p>Cotterill, Jo</p>	<p>Stage fright</p> 	<p>School, mental health, panic attacks</p>	<p>A girl relies on her friends' support as she copes with family problems and her stage fright for the upcoming school play that she is starring in. Alice's parents are having problems and she has the lead in the school play. Can her friends help her to get over her stage fright?</p>
<p>Lanyon, Cheryl</p>	<p>Vanishing Point</p> 	<p>eating disorder, mental health, families, school</p>	<p>A girl develops an eating disorder as she tries to cope with the stress of her home and school life. Ella is a good student, but she doesn't stand out at all. Then she gets ill and has to have several weeks off school. When she returns she's changed. She's lost weight and cut her hair. People notice and say she's looking good-and she loves it. But life at home is stressful. Her dad's left, her mum's miserable and Ella's got a lot of work to catch up on. She's not sure she can cope. Then she finds something that helps her feel in control: dieting and exercising to tone her new look.</p>
<p>Moncrieffe, Karen</p>	<p>Breath</p> 	<p>mental health, anxiety, secrets</p>	<p>A girl worries that her anxiety issues will overcome her as she prepares to go to her boyfriend's sixteenth birthday party. Nicole has a secret she is hiding from everyone; even her boyfriend, Alex. She suffers from anxiety. Sometimes her worries threaten to overwhelm her. To Alex she appears calm and confident. He has no idea how scared she often feels inside. But Nicole begins to find it impossible to keep her feelings hidden. She is faced with a choice. Reveal her secret - or lose Alex. What will she decide?</p>

<p>Peet, Mal</p>	<p>Good Boy</p> 	<p>Mental health, nightmare, dreams, dog</p>	<p>A young police constable discovers the truth about her life-long recurring nightmare about a terrible black dog when she is called to a violent incident at a council estate. Sandie Callan has been battling it since childhood: the hulking, snarling black dog of her nightmares. For years, her precious pet dog Rabbie has kept the monster at bay, but when he is no longer there to protect her, the black dog reappears to stalk Sandie in her sleep.</p> <p>NOTE : Includes scenes in which the main character discovers two dying teenagers who have been shot, and another when the dog attacks somebody.</p>
<p>Thompson, Lisa</p>	<p>Owen and the Soldier</p> 	<p>Soldiers, mental health, families</p>	<p>A boy decides to try and save a statue of a soldier in his local park when he hears that it is going to be scrapped when the park is revamped. Owen and his mum are struggling. It's just the two of them at home now and they're finding it difficult to ask for the help they need. When Owen discovers a crumbling stone soldier in the local park, it feels like he finally has someone he can talk to about his worries. But the town council can't see how important the soldier is and they want to remove him. Owen's scared that he'll be left on his own again, but can he find the courage he needs to save the soldier before it's too late?</p>