

# *We all need (Book) Shelf Care*



Our recommendations:  
some **Mental Health and  
Wellbeing** related titles  
for you to explore!



*Kindness*



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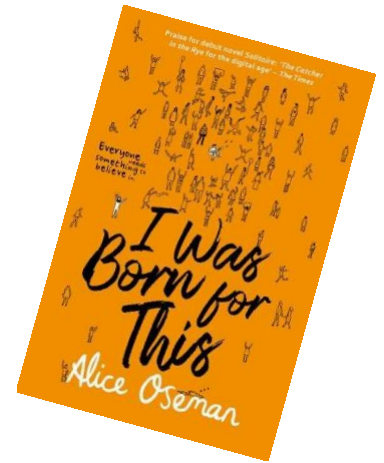
# ANXIETY

***A Quiet Kind of Thunder* by Sarah Barnard**

***Under Rose-Tainted Skies* by Louise Gornall**

***Worries Go Away* by Kes Gray (picture book)**

***I Was Born For This* by Alice Oseman**



***Finding Audrey* by Sophie Kinsella**

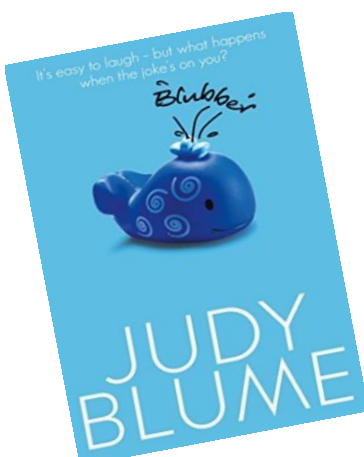
# BULLYING

***Seven Days* by Eve Ainsworth**

***Blubber* by Judy Blume**

***Inside My Head* by Jim Carrington**

***The Chocolate War* by Robert Cormier**



***Being Miss Nobody* by Tamsin Winter**

***The Boy Who Made It Rain* by Brian Conaghan**

# CHANGE

***The Memory Book* by Lara Avery**

***The One Memory of Flora Banks* by Emily Barr**

***Every Day* by David Levithan**

***The Adoration of Jenna Fox* by Mary Pearson**

***Slated* by Teri Terry**

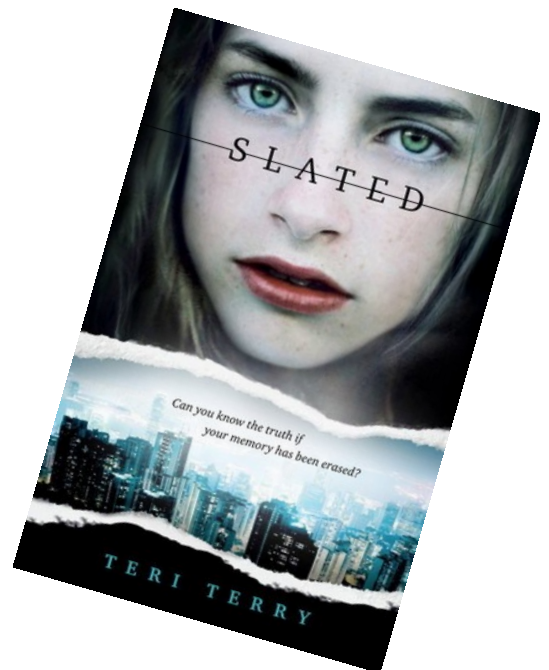
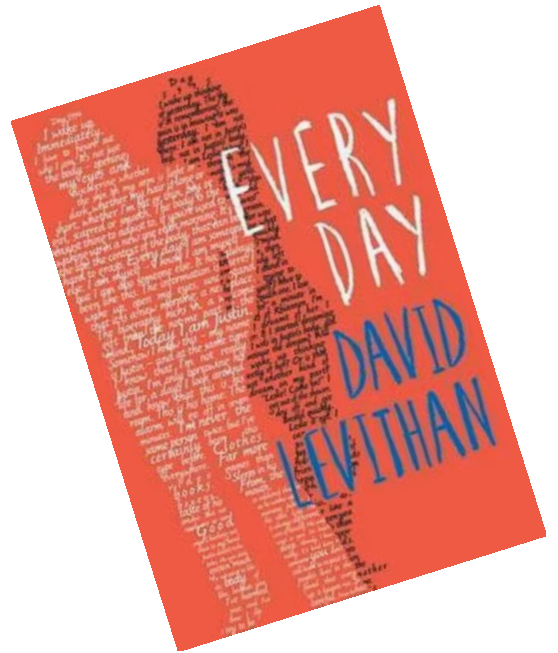
***Memoirs of a Teenage Amnesiac* by G Zevin**

***Why We Took the Car* by Wolfgang Herrndorf**

***Holding up the Universe* by Jennifer Niven**

***Eleanor and Park* or *Fangirl* by Rainbow Rowell**

***Stargirl* by Jerry Spinnelli**



# CHANGE

***Some Kind of Happiness* by Claire Legrand**

***All the Bright Places* by Jennifer Niven**

***When Reason Breaks* by Cindy Rodriguez**

***The Red Tree* by Shaun Tan (picture book)**



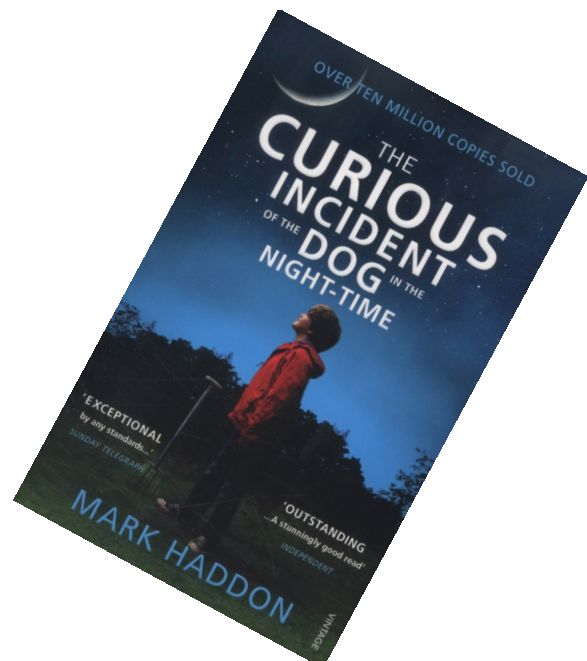
# DISABILITY / DIFFERENCE

***Out of My Mind* by Sharon Draper**

***The Curious Incident of the Dog in the Night-Time* by Mark Haddon**

***Whisper* by Crissie Keighery**

***Accidents of Nature* by Harriet McBryde Johnson**





# DISABILITY / DIFFERENCE

***Red Sky in the Morning* by Elizabeth Laird**

***A Mango-Shaped Space* by Wendy Mass**

***Miss Spitfire* by Sarah Miller**

***Wonder* by RJ Palacio**

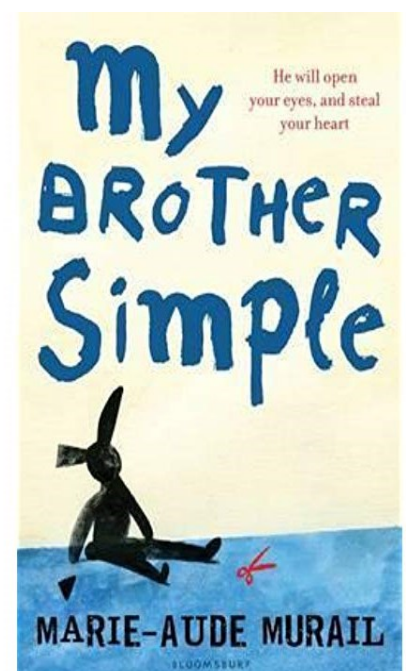
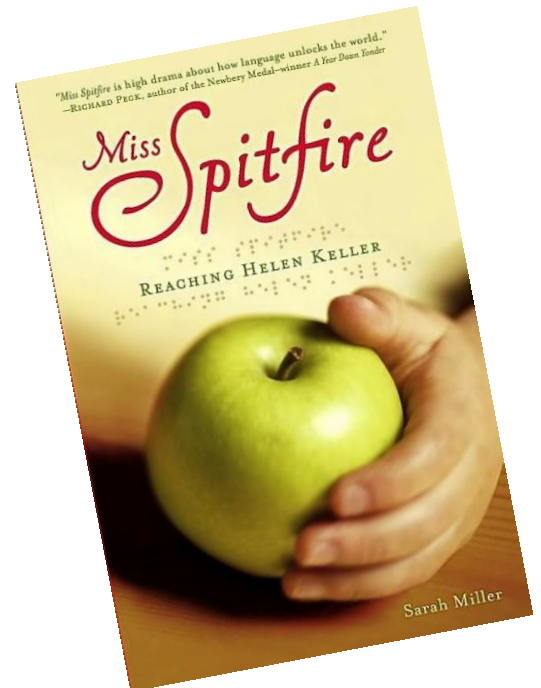
***House Rules* by Jodi Piccoult**

***She Is Not Invisible* by Marcus Sedgwick**

***You Don't Know Everything* by Jilly P**

***Being Jack* by Jill Atkins**

***My Brother Simple* by Marie-Aude Murail**



# COPING WITH GRIEF

***Love Letters to the Dead* by Ava Dellaira**

***Before I Die* by Jenny Downham**

***If I Stay and Where I Went* by Gayle Foreman**

***Fault in Our Stars* or *Looking for Alaska* - J Green**

***Hannah's Choice* by Hannah and Kirsty Jones**

***Ways to Live Forever* by Sally Nichols**

***Before I Fall* by Lauren Olivier**

***Extraordinary Means* by Robyn Schneider**

***A Monster Calls* by Patrick Ness**

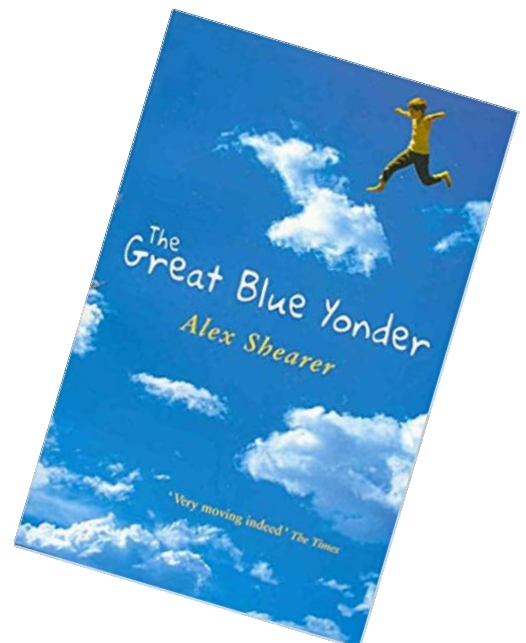
***Elsewhere* by Gabrielle Zevin**

***Falling into Place* by Amy Zhang**

***The Universe vs Alex Woods* by Gavin Extence**

***Mercy* by Jodi Picoult**

***Slog's Dad* by David Almond**



# ETHNICITY AND RACISM

*Does My Head Look Big in This?* - R Abdel-Fattah

*Starfish* by Akemi Dawn Bowman

*The Girl Who Fell From the Sky* by Heidi Durrow

*If I Ever Get Out of Here* by Eric Gansworth

*See No Color* by Shannon Gibney

*Dreams From My Father* by Barack Obama

*Cuba 15* by Nancy Osa

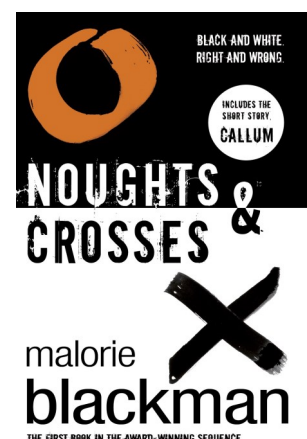
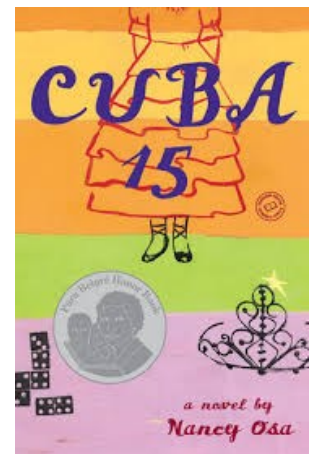
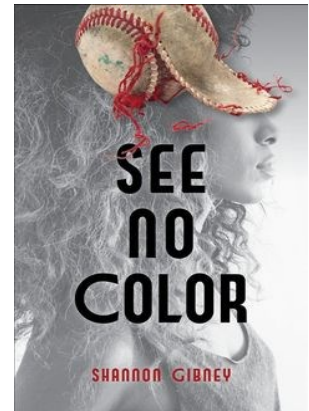
*Anita and Me* by Myra Syal

*Gabi, A Girl in Pieces* by Isabel Quintero

*The Hypnotist* by Laurence Anholt

*Noughts and Crosses* by Malorie Blackman

*Claudette Colvin: Twice Towards* by Justice -Hoose





# ETHNICITY AND RACISM

***To Kill a Mockingbird* by Harper Lee**

***The Rock and the River* by Kekla Magoon**

***Coming of Age in Mississippi* by Anne Moody**

***The Bluest Eye* or *Beloved* by Toni Morrison**

***Small Great Things* by Jodi Picoult**

***All American Boys* by J. Reynolds and B. Kelly**

***Ghost Boys* by Jewell Parker Rhodes**

***Maniac Magee* by Jerry Spinelli**

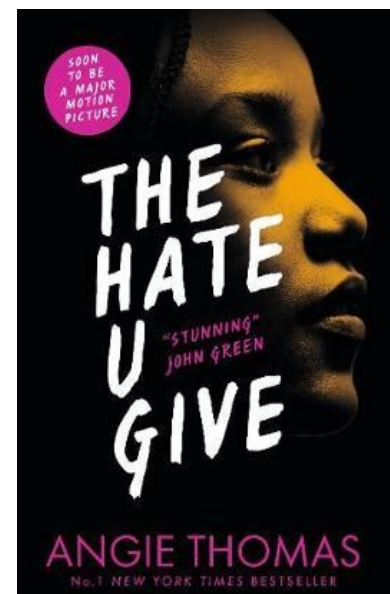
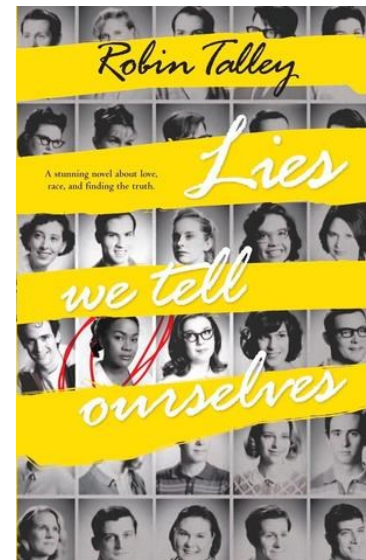
***Lies We Tell Ourselves* by Robin Talley**

***Roll of Thunder, Hear My Cry* by Mildred Taylor**

***The Hate U Give* and *On The Come Up* by Angie Thomas**

***Crow* by Barbara Wright**

***Black Boy* by Richard Wright**



# FAMILY

***Running on Empty* by SE Durrant**

***Heroic or Being Billy* by Phil Earle**

***We Are All Made of Molecules, Word Nerd or My Messed-Up***

***Life* by Susin Nielsen**

***Chinese Cinderella* by Adeline Yen Mah**

***My Name is Leon* by Kit de Waal**

***A Boy Called Hope* by Lara Williamson**

***Artichoke Hearts* by Sita Brachmachari**

***Dark Waters* by Cathy Macphail**

***Eren* by Simon P. Clark**

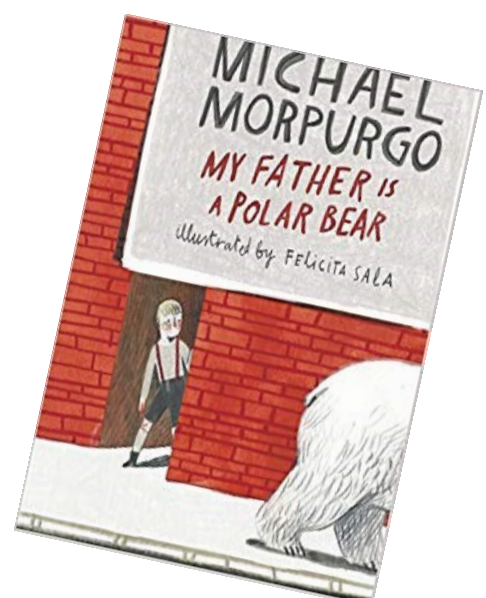
***Jake's Tower* by Elizabeth Laird**

***My Father is a Polar Bear* by Michael Morpurgo**

***The Light Jar* by Lisa Thompson**

***Walls* by Emma Fischel**

***Anzac Boys* by Tony Bradman**



## LGBT+

***Simon vs the Homo Sapiens Agenda and Leah on the Offbeat* by Becky Albertalli**

***One Man Guy* by Micahel Barakiva**

***Ivy Aberdeen's Letter to the World* by Ashley Blake**

***Great* by Sarah Benicasa (retelling of *The Great Gatsby* by F Scott Fitzgerald)**

***If You Could be Mine* by Sarah Farizan**

***None of the Above* by IW Gregorio**

***Boy Meets Boy* by David Levithan**

***If I Was Your Girl* by Meredith Russo**

***Funny Boy: A Novel in Six Stories* by S.Selvadurai**

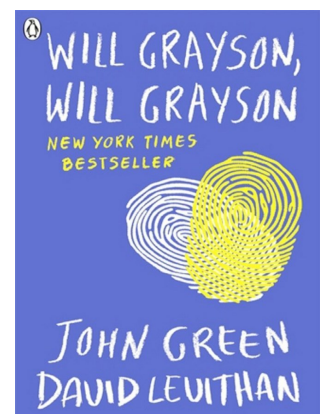
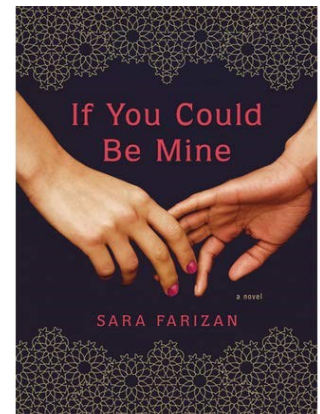
***God Loves Hair* by Vivek Shraya**

***The Art of Being Normal* by Lisa Williamson**

***Better Nate Than Ever* by Tim Federle**

***It's Not Like It's a Secret* by Misa Sugiura**

***The Perks of Being a Wallflower* by Stephen Chbosky**



# REFUGEE EXPERIENCE

***Give Me Shelter: An Asylum Seeker Anthology***

***Abela: The Girl Who Saw Lions* by Bernie Doherty**

***The Bone Sparrow* by Zana Fraillon**

***In the Sea there are Crocodiles* by  
Fabio Geda**

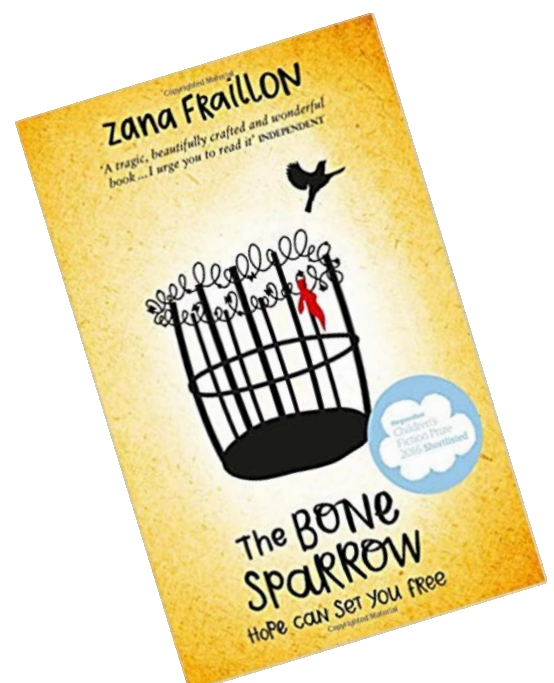
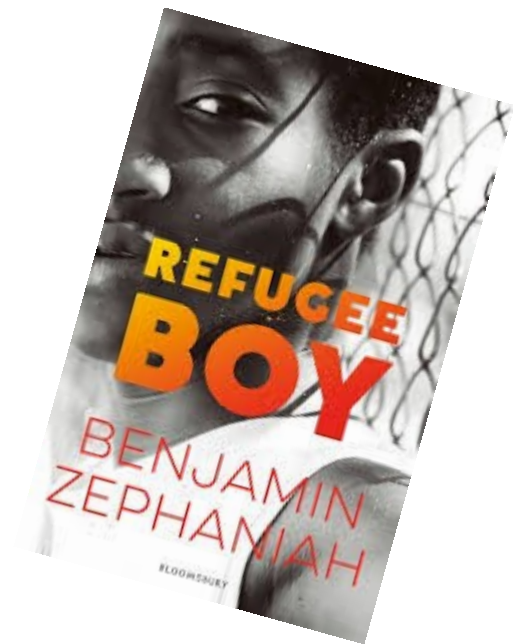
***Boy Overboard* by Morris Gleitzman**

***Inside Out and Back  
Again* by Thanhha Lai**

***Shadow* by Michael Morpurgo**

***Refugee Boy* by Benjamin Zephaniah**

***The Boy at the Back of the Class* by  
Onjali Q. Rauf**





# RELATIONSHIPS

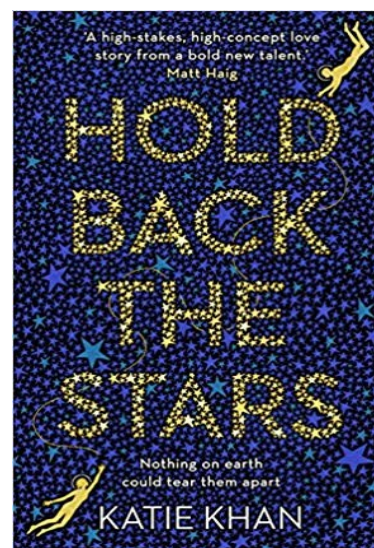
*Nick and Norah's Infinite Playlist* by Cohn & Levithan

*An Abundance of Katherines* by John Green

*To All the Boys I've Loved Before* by Jenny Han

*Why We Broke Up* by Daniel Handler

*Hold Back the Stars* by Katie Khan



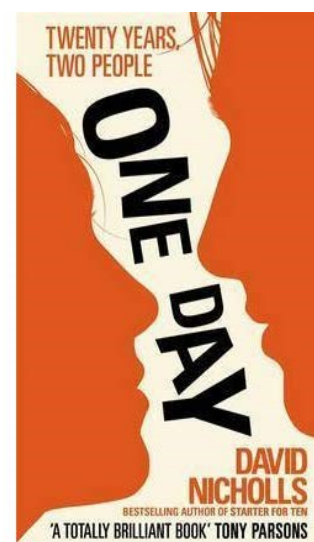
*I'll Give You the Sun* by Jandi Nelson

*One Day* by David Nicholls

*Big Mouth and Ugly Girl* by Joyce Carol Oates

*How I Live Now* by Meg Rosoff

*Our Chemical Hearts* by Krystal Sutherland

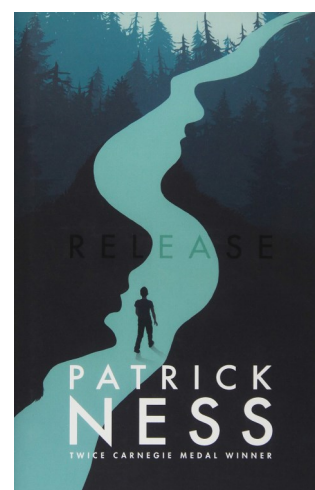


*Everything, Everything or The Sun is Also a Star* by Nicola Yoon

*Forever* by Judy Blume

*Lobsters* by Tom Ellen and Lucy iVison

*Release* by Patrick Ness





# SELF ESTEEM

***Staying Fat for Sarah Byrnes* by Chris Crutcher**

***Wintergirls* by Laurie Halse Anderson**

***Fat Boy Swim* by Catherine Forde**



***Second Start to the Right* by Deborah Hautzig**

***Nothing Tastes as Good* by Claire Hennessey**

***Dumplin'* by Julie Murphy**

***Girls Under Pressure* by Jacqueline Wilson**

***Flying Lessons and Other Stories* - various authors**

***Booked* by Kwame Alexander**



***Are You There God? It's Me, Margaret* by Judy Blume**

***Open: A Toolkit for How Magic and Messed Up Life Can Be* by Gemma Cairney (NF help book)**

# SOCIAL MEDIA

***Feed* by MT Anderson**

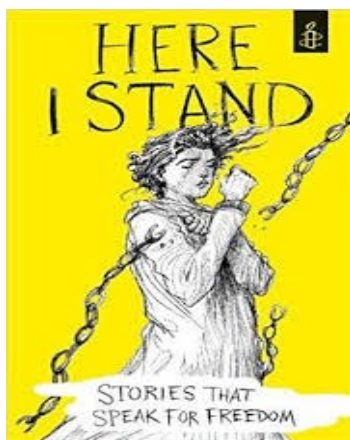
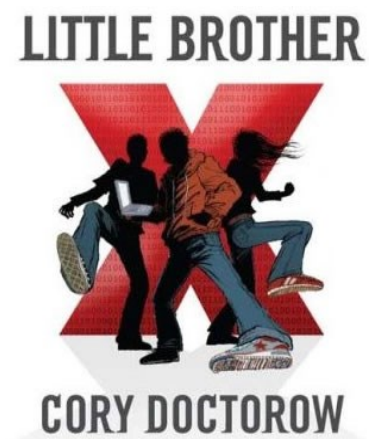
***Need* by Joelle Charbonneau**

***Little Brother* by Cory Doctorow**

***Notes on a Nervous Planet* by Matt Haig**

***Queen of Likes* by Hillary Homzie**

***Unfriended* by Rachel Vail**



# THE STIGMA AROUND MENTAL HEALTH

*Thirteen Reasons Why* by Jay Asher

*Kite Spirit* by Sita Brahmachari

*We Are Young* by Cat Clarke

*I Was Here* by Gayle Forman

*Night Shift* by Debi Gliori  
(picture book)

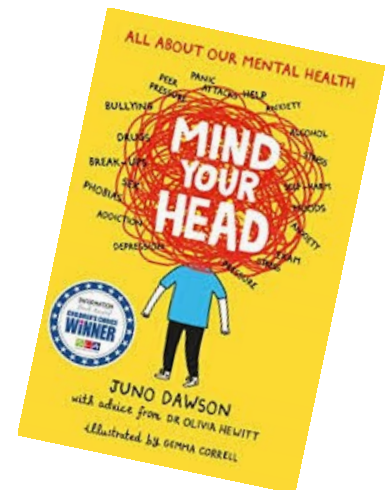
*Reasons to Stay Alive* by Matt Haig

*Crazy* by Han Nolan

*Beautiful Broken Things* by Sara Barnard

*Game Changer* by Tim Bowler (phobias)

*Am I Normal Yet?* or *All We All Lemmings and Snowflakes* by Holly Bourne



# THE STIGMA AROUND MENTAL HEALTH

*See You In The Cosmos* by Jack Cheng

*15 Days Without a Head* by Dave Cousins

*The Boy in the Tower* by Polly Ho-Yen

*Saving Francesca* by M. Marchetta

*All The Things That Could Go Wrong* by S. Foster

*Turtles All The Way Down* by John Green

*The Goldfish Boy* by Lisa Thompson

*When We Collided* by Emery Lord

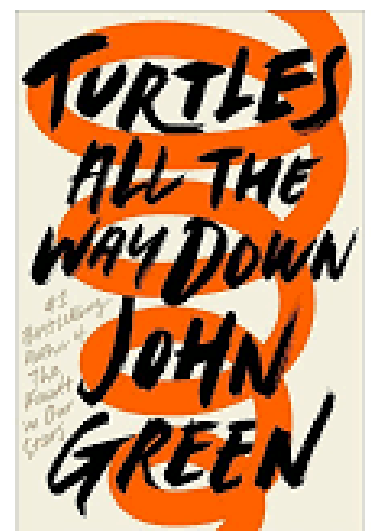
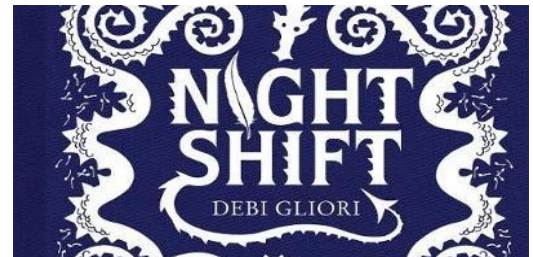
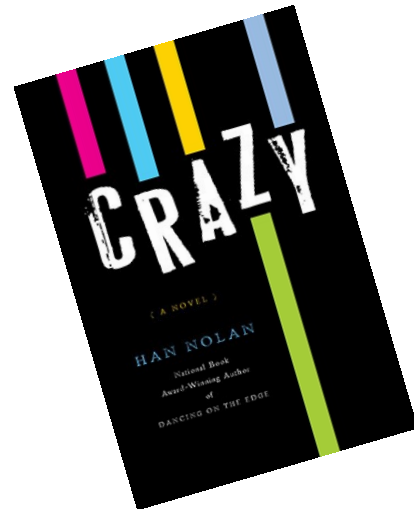
*Panther* by David Owen

*On a Scale of 1 to 10* by Ceylan Scott (BPD)

*Wild Awake* by Hilary Smith

*Mind Your Head* by Juno Dawson (NF help book)

*Damage* by Eve Ainsworth



# YOUNG CARERS

***Tender* by Eve Ainsworth**

***The Weight of a Thousand Feathers* by  
Brian Conaghan**

***This Raging Light* by Estelle Laure**

***Broken Soup* by Jenny Valentine**

***Caitlin's Wish* by Victoria Taylor**

***Skellig* by David Almond**

***Daughter* by Isabel Moore**

