

We all need (Book) Shelf Care



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



Kindness



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- 1. ANXIETY**
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- 11. SELF ESTEEM**
- 12. SOCIAL MEDIA**
- 13. THE STIGMA AROUND MENTAL HEALTH**
- 14. YOUNG CARERS**



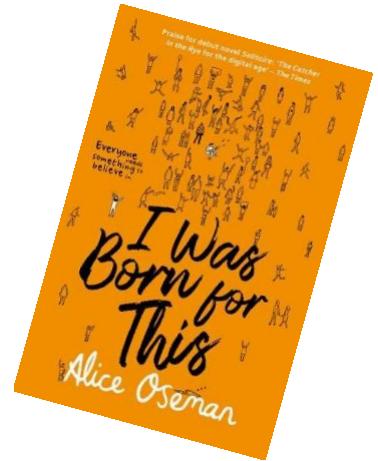
ANXIETY

***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**

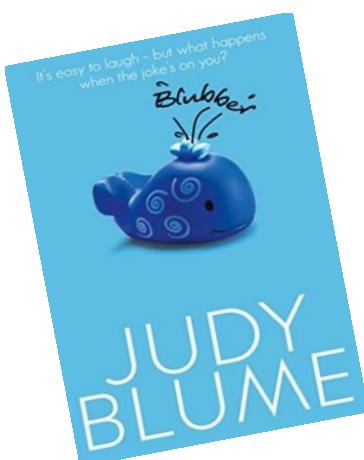
BULLYING

***Seven Days* by Eve Ainsworth**

***Blubber* by Judy Blume**

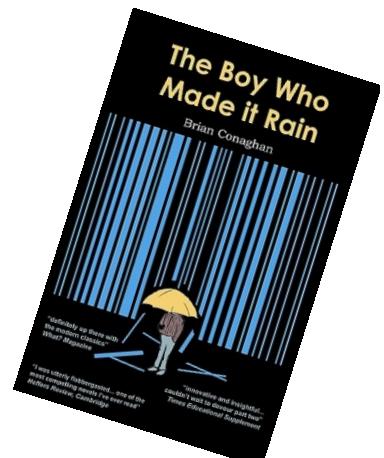
***Inside My Head* by Jim Carrington**

***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

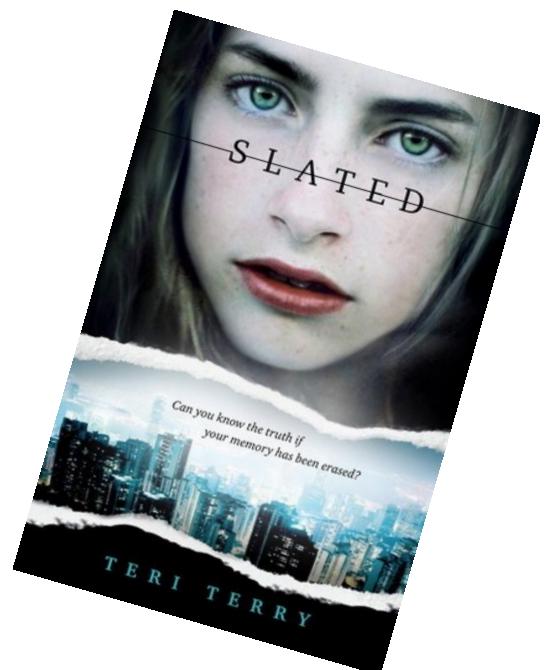
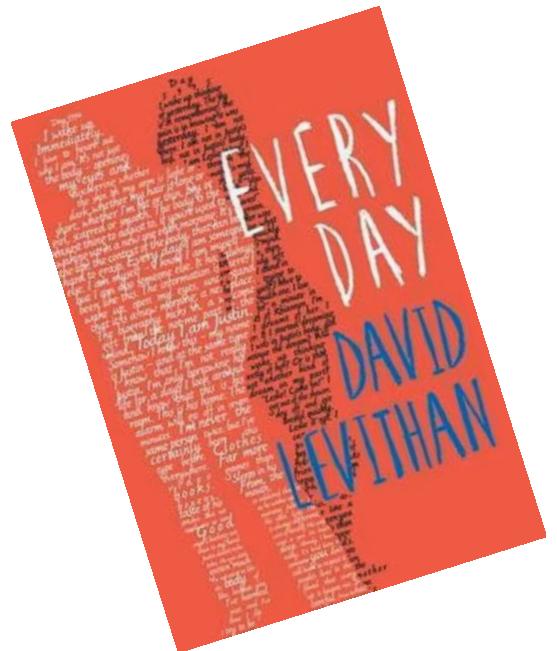
Memoirs of a Teenage Amnesiac by
G Zevin

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 Spinelli



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)



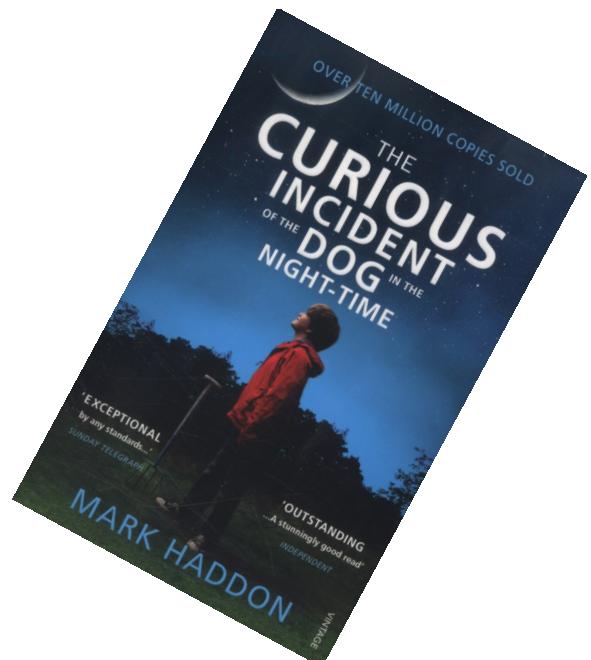
DISABILITY / DIFFERENCE

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**

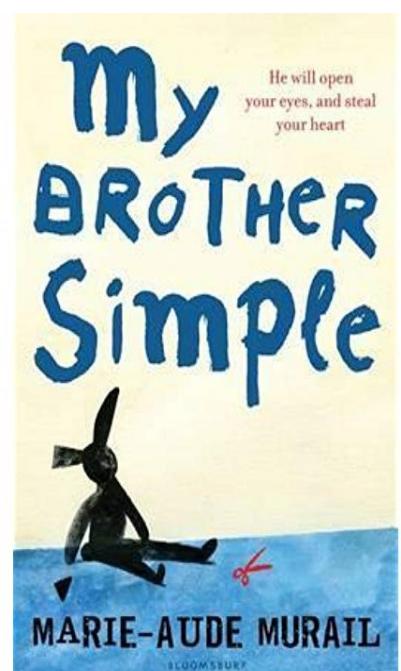
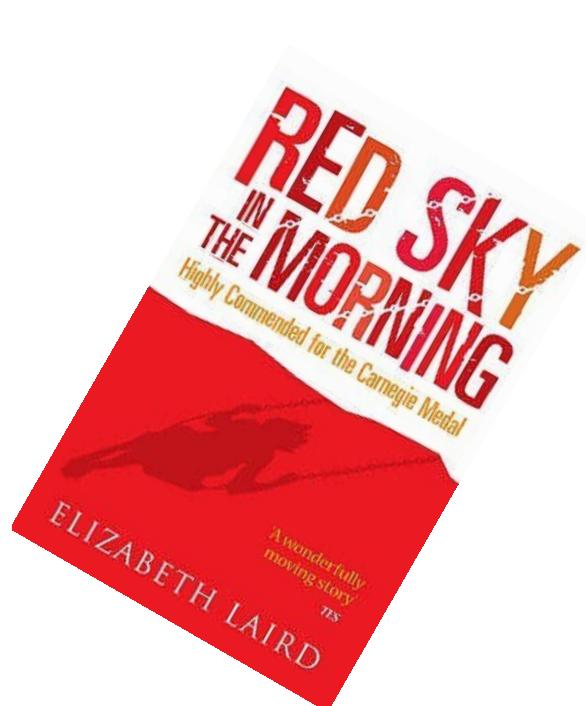
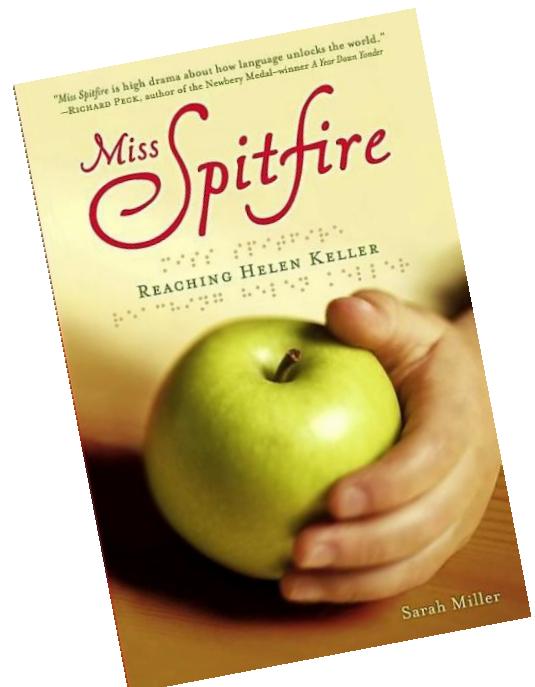
***House Rules* by Jodi Piccoult**

***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**

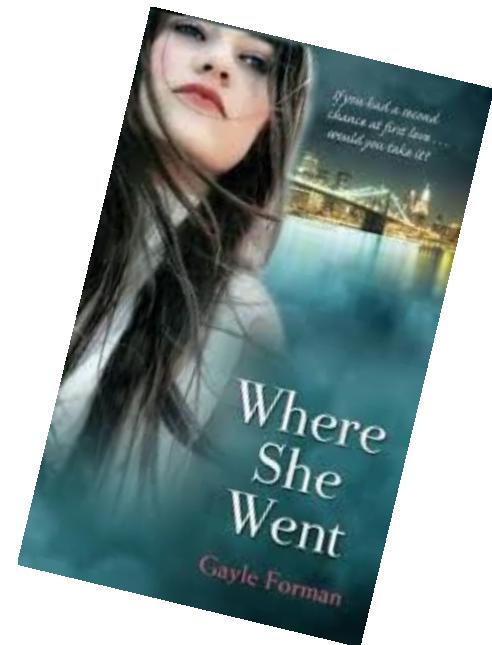


COPING WITH GRIEF

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

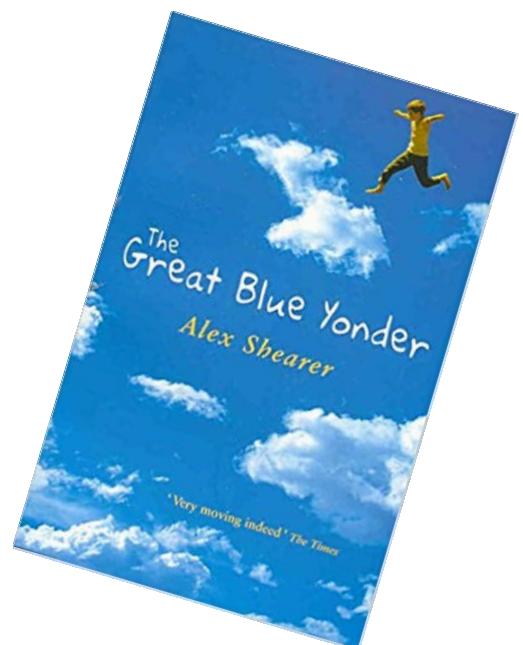
Before I Fall by Lauren Olivier

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

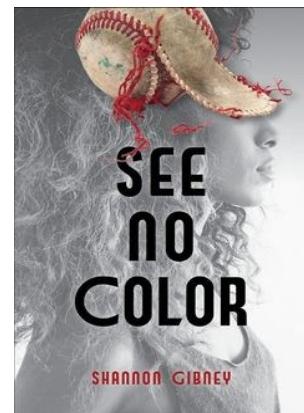
Slog's Dad by David Almond

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

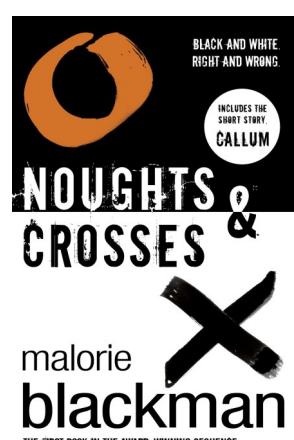
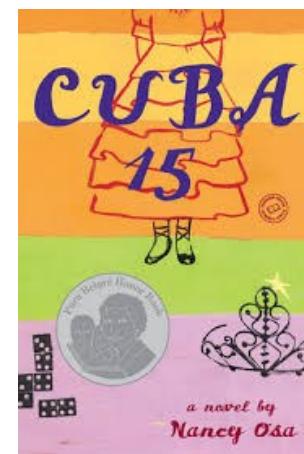
Anita and Me by Myra Syal

Gabi, A Girl in Pieces by Isabel Quintero

The Hypnotist by Laurence Anholt

Noughts and Crosses by Malorie Blackman

Claudette Colvin: Twice Towards 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**

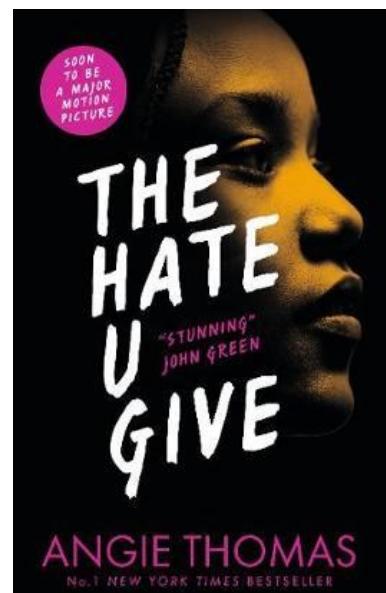
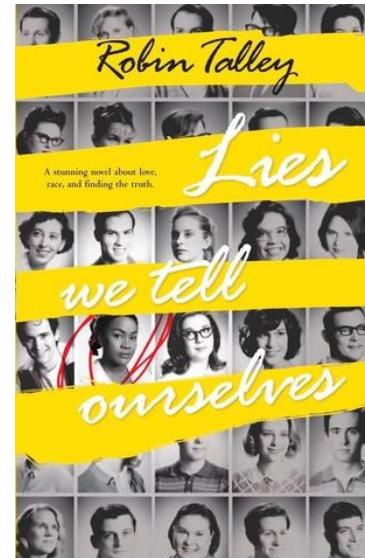
***Maniac Magee* by Jerry Spinelli**

***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

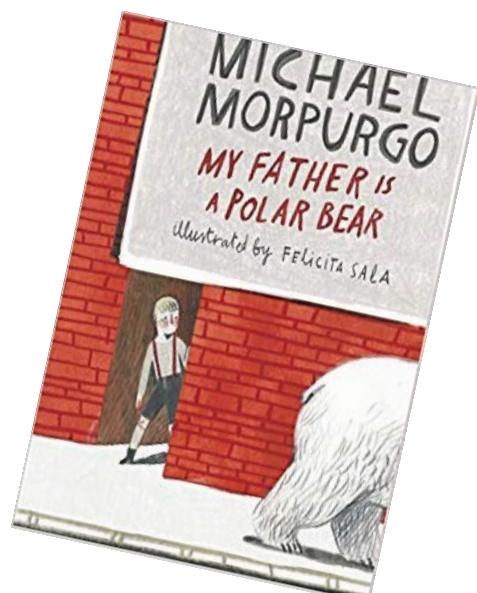
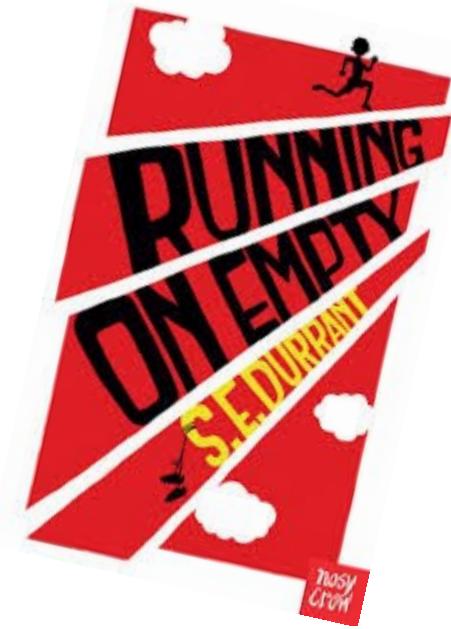
Jake's Tower by Elizabeth Laird

My Father is a Polar Bear by Michael Morpurgo

The Light Jar by Lisa Thompson

Walls by Emma Fischel

Anzac Boys by Tony Bradman

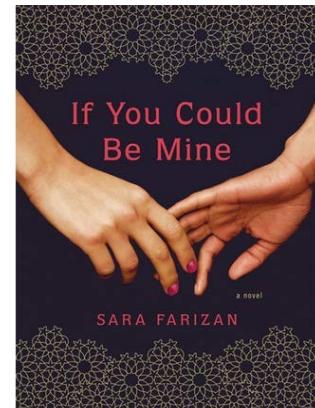


LGBT+

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

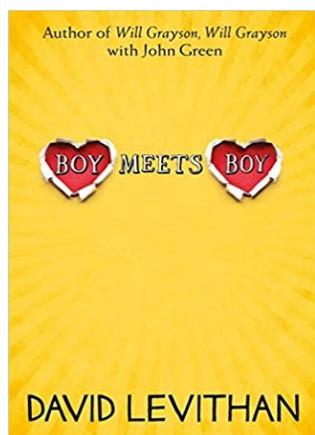
***One Man Guy* by Micahel Barakiva**

***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**

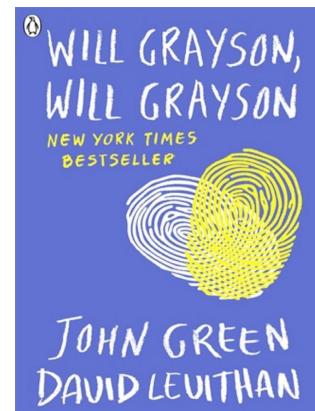
***The Art of Being Normal* by Lisa Williamson**



***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 Frailllon

In the Sea there are Crocodiles by
Fabio Geda

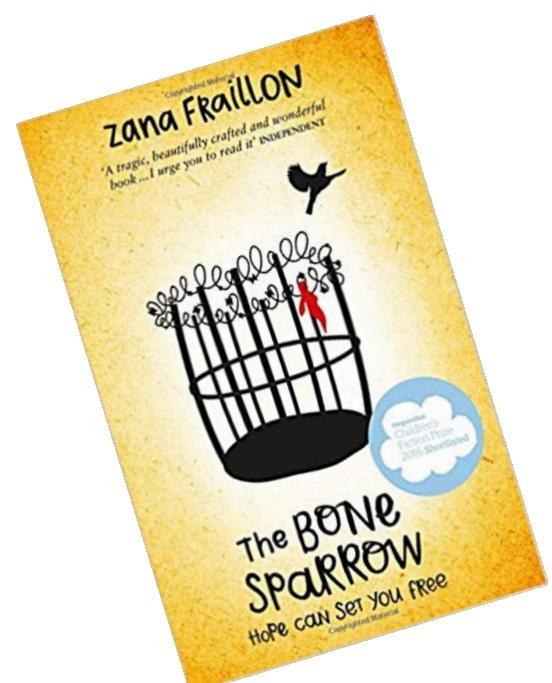
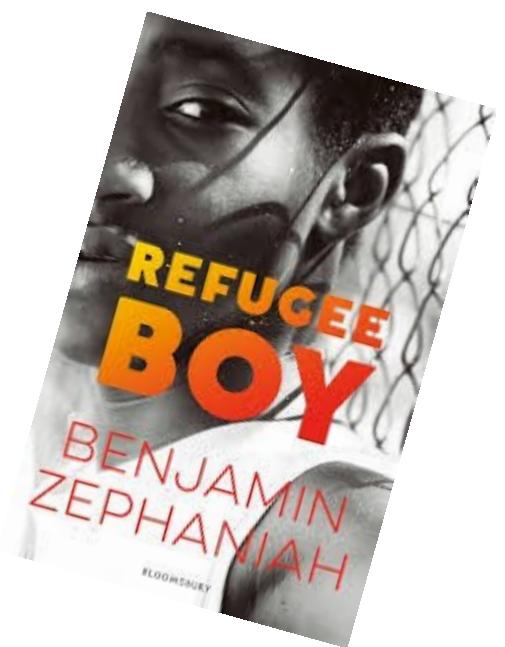
Boy Overboard by Morris Gleitzman

*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

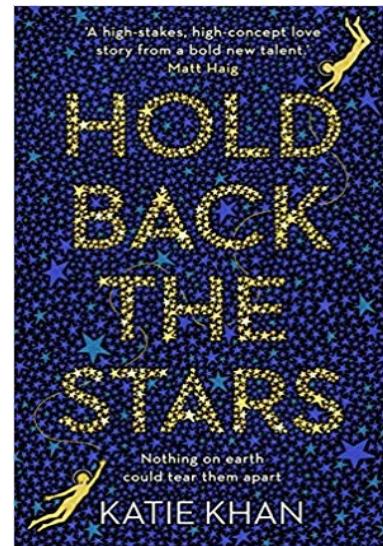
Nick and Norah's Infinite Playlist by Cohn & Levithan

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



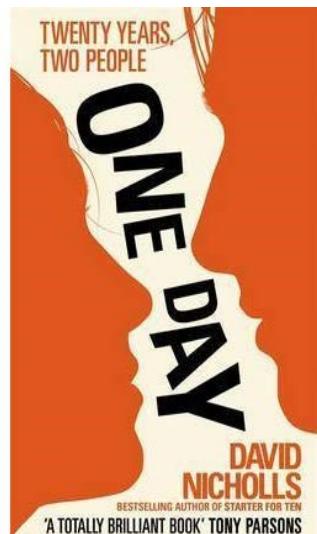
I'll Give You the Sun by Jandi Nelson

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

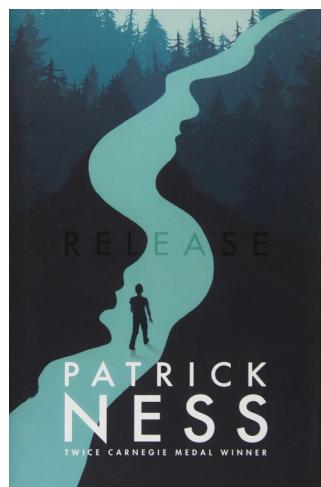


Everything, Everything or The Sun is Also a Star by Nicola Yoon

Forever by Judy Blume

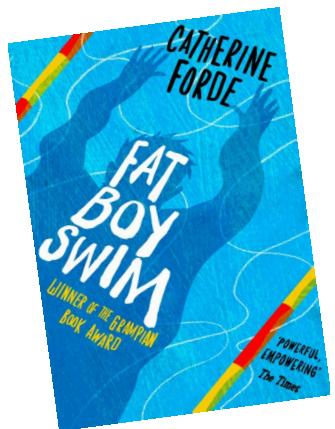
Lobsters by Tom Ellen and Lucy iVison

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

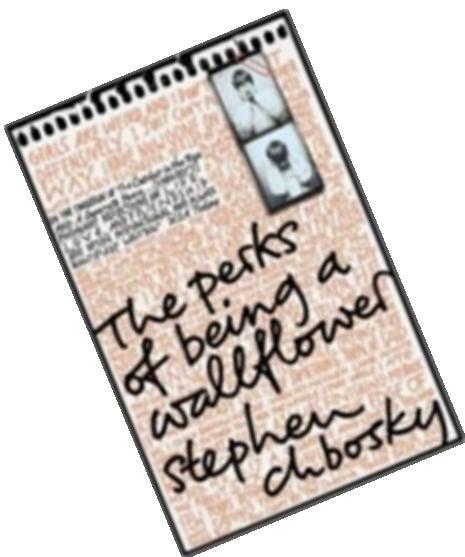
Girls Under Pressure by Jacqueline Wilson

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**

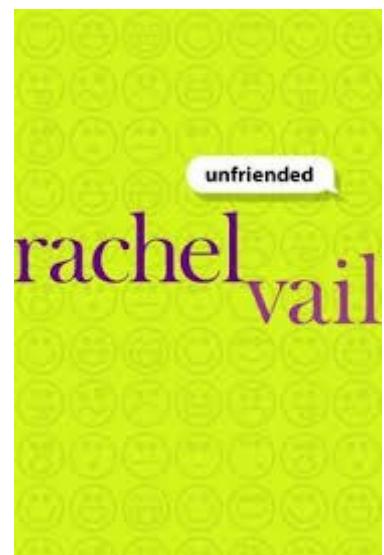
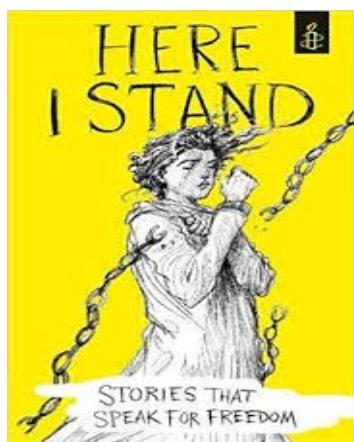
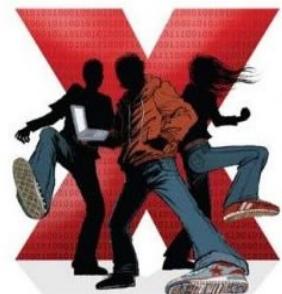
***Little Brother* by Cory Doctorow**

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

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

***Unfriended* by Rachel Vail**

LITTLE BROTHER



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)**

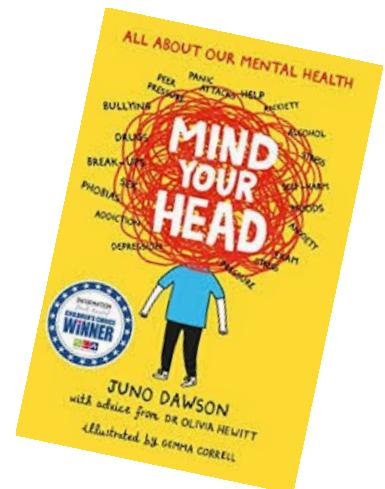
***Reasons to Stay Alive* by Matt Haig**

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 Snow-flakes by Holly Bourne



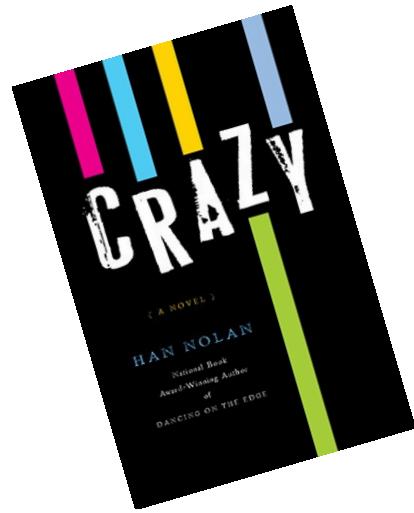
THE STIGMA AROUND MENTAL HEALTH

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

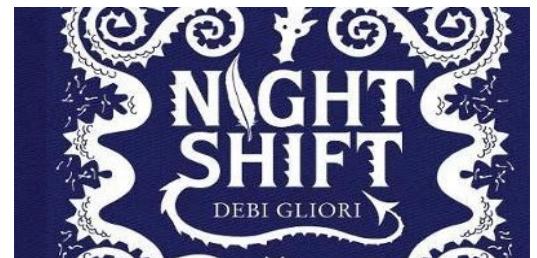


All The Things That Could Go Wrong by S. Foster

Turtles All The Way Down by John Green

The Goldfish Boy by Lisa Thompson

When We Collided by Emery Lord



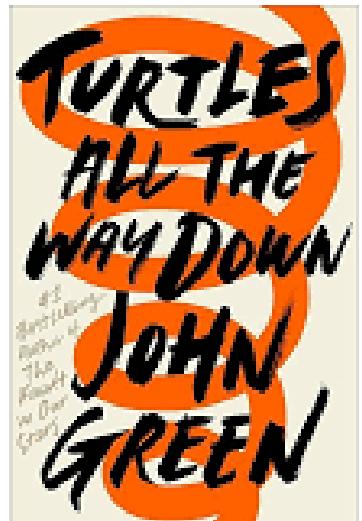
Panther by David Owen

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

