

Sexuality and LGBT

Non-Fiction

Teen sexuality: a humorous guide to a serious matter
 This book is gay / James Dawson
 Beyond Magenta: Transgender teens speak out
 Helping your transgender teen: a guide for parents

Fiction

The perks of being a wallflower / Stephen Chbosky
 Boy meets boy / David Levithan
 Far from you / Tess Sharpe
 Sugar rush / Julie Burchill
 Undone / Cat Clarke
 Sprout / Dale Peck
 My side of the story / Will Davis
 Geography club / Brent Hartinger
 George / Alex Gino
 All of the above / James Dawson
 Alex as well / Alyssa Brugman
 I am J / Chris Beam
 The art of being normal / Lisa Williamson
 Simon vs. The homo sapiens agenda / Becky Albertalli
 If I was your girl / Meredith Russo

Memoirs

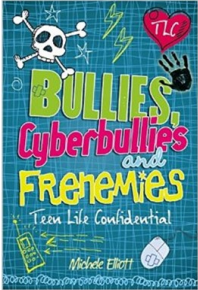
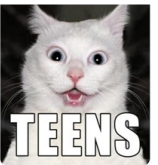
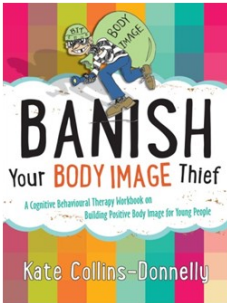
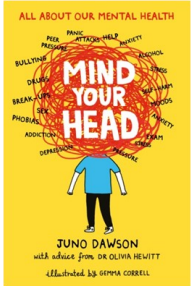
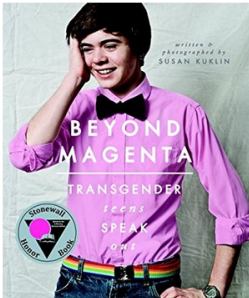
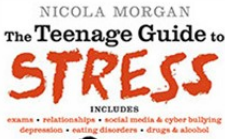
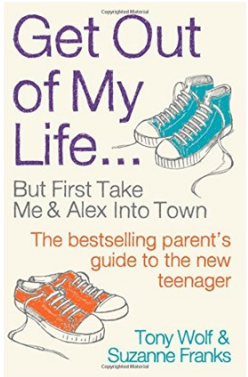
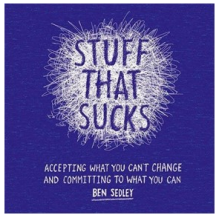
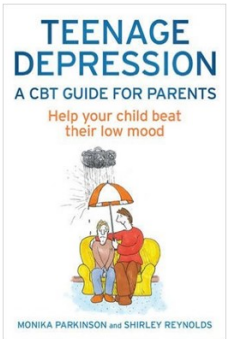
Rethinking normal / Katie Hill
 Girl hearts girl / Lucy Sutcliffe

Parenting Teenagers

Non-Fiction

Teenagers translated: how to raise happy teens
 You and your teenager: understanding the journey
 Whatever!: a down-to-earth guide to parenting teenagers
 How to talk so teens will listen and listen so teens will talk
 Get out of my life (but first run me and Alex into town)
 Short introduction to understanding and supporting children and young people
 When parents SPLIT: support, information and encouragement for teenagers

‘Shelf help’
 Available from the library
 and through Pupil Support Teachers



Mental Health

Non-Fiction

Am I depressed and what can I do about it?
Teenage depression: a CBT guide for parents
My anxious mind: a teen's guide to managing anxiety and panic
Feeling blue: a guide to handling teenage depression
Beyond the blues: a workbook to help teens overcome depression
Depression: questions and answers
The Depression handbook
The anxiety survival guide for Teens: CBT skills to overcome fear , worry and panic
The shyness and social anxiety workbook for teens
Mind your head!
Stuff that sucks: accepting what you can't change and committing to what you can
Can I tell you about depression?
Touch and go Joe
Breaking free from OCD: a CBT guide for Young People and their families
Teenage guide to stress
School phobia, panic attacks and anxiety in children

Fiction

Cracked up to be / Courtney Summers (Anxiety)
Finding Audrey / Sophie Kinsella (Anxiety)
All the bright places / Jennifer Niven (Anxiety)
Fangirl / Rainbow Rowell (Anxiety)
Perks of being a wallflower / Stephen Chbosky (Anxiety)
Every exquisite thing / Matthew Quick (Stress/Anxiety)
It's kind of a funny story / Ned Vizzini (Depression)
Reasons to stay alive / Matt Haig (Depression)
The trick is to keep breathing / Janice Galloway (Depression)
The bell jar / Sylvia Plath (Depression)
Will Grayson, Will Grayson / David Levithan & John Green (Depression)
Brilliant / Roddy Doyle (Depression)
My heart and other black holes / Jasmine Warga
The Unlikely Hero of Room 13B / Teresa Toten (OCD)
Perfect Escape / Jennifer Brown (OCD)
Am I normal yet? / Holly Bourne (OCD)
Every last word / Tamara Stone (OCD)
Zelah Green / Vanessa Curtis (OCD/Self-harm/Anorexia)

Grief and bereavement

Fiction

A gathering light / Jennifer Donnelly
The fault in our stars / John Green
On eagles' wings / Sue Mayfield
The bridge to Terabithia / Katherine Paterson
Vicky Angel / Jacqueline Wilson
Someone else's life / Katie Dale
How to save a life / Sara Zarr
Second chance summer / Morgan Matson
Swan boy / Nikki Sheehan
Stormwalker / Mike Reveel
A library of lemons / Jo Cotterill

Dementia / Alzheimer's

Non-Fiction

Alzheimer's disease: need to know

Fiction

Unbecoming / Jenny Downham
Sundae Girl / Cathy Cassidy
Heartbeat / Sharon Creech
The memory cage / Ruth Eastham
Back to blackbrick / Sarah Moore Fitzgerald
How not to disappear / Clare Furniss
Stonebird / Mike Reveel

General (including mindfulness)

Non-Fiction

Blame my brain: the amazing teenage brain revealed
Quiet the mind
The little book of mindfulness: 10 minutes a day to less stress, more peace
Quiet power: growing up as an introvert in a world that can't stop talking
Yoga for you: feel calmer, stronger, happier

Asperger Syndrome/ Autism Spectrum Disorder/ADHD

Non-Fiction

Parenting a teen or Young Adult with Asperger Syndrome

ADHD: the facts

Asperger's Syndrome: a guide for parents and professionals

When young people with intellectual disabilities and autism hit puberty: a parent's q&a guide to health, sexuality and relationships

Freaks, geeks & Asperger Syndrome: a user guide to Adolescence

Autism

My sister is different

M is for autism

Fiction Books

The curious incident of the dog in the night-time / Mark Haddon (Autism)

The blue bottle mystery / Kathy Hoopman (Aspergers)

Of mice and aliens / Kathy Hoopman (Aspergers)

Haze / Kathy Hoopman (ADHD)

Memoirs

The reason I jump / Naoki Higashida

Asparagus dreams / Jessica Peers

Hyperbole and a half / Allie Brosh (blogs about ADHD)

Anger

Non-Fiction

Starving the anger gremlin

Don't let your emotions run your life

Dyslexia / Dyspraxia

Non-Fiction

Dyslexia: a teenager's guide

Dyspraxia: a guide for teachers and parents

Creative, successful, dyslexic: 23 high achievers share their stories

Dyslexia and other learning difficulties: a parent's guide

Freaks like us / Susan Vaught (Psychotic disorders/Schizophrenia)

Ultraviolet / R.J. Anderson (Psychotic disorders/Schizophrenia)

Challenger deep / Neal Shusterman (Psychotic disorders / Schizophrenia)

When we collided / Emery Lord (Bipolar)

Something like normal / Trish Doller (PTSD)

The impossible knife of memory / Laurie Halse Anderson (PTSD – parents mental health issue)

The unbecoming of Mara Dyer / Michelle Hodkin (PTSD)

Beautiful broken things / Sara Barnard (PTSD)

The taming of Lilah May / Vanessa Curtis (Anger issues)

A waste of good paper / Sean Taylor (Anger issues)

Tyranny / Lesley Fairfield (Mood swings and anger)

Highly illogical behaviour / John Corey Whaley (Agoraphobia / panic attacks)

Under rose tainted skies / Louise Gornall (Agoraphobia)

13 reasons why / Jay Asher (Suicide)

Falling into place / Amy Zhang (Suicide)

Ostrich Boys / Keith Gray (Suicide)

I was here / Gayle Forman (Suicide)

My heart and other black holes / Jasmine Warga (Suicide)

Kite spirit / Sita Brahmachari (Suicide)

Virgin suicides / Jeffrey Eugenides

Memoirs

I had a black dog / Matthew Johnstone

Me and my mate Jeffrey / Niall Breslin

Furiously happy / Jenny Lawson

Girl, interrupted / Susanna Kaysen

Addiction

Non-Fiction

Solvents: health issues

Stop smoking

Alcoholism: the facts

Fiction

Junk / Melvin Burgess

How hard can love be? / Holly Bourne

Stoner & Spaz / Ron Koertge

Eating Disorders

Non-Fiction

Eating Disorders: the facts
Can I tell you about eating disorders?
Banish your body image thief
The hidden story of eating disorders

Fiction

Wintergirls / Laurie Halse Anderson (Eating Disorders)
The best little girl in the world / Steven Levenkron (Eating Disorders)
Massive / Julia Bell (Eating Disorders)
Second star to the right / Deborah Hautzig (Eating Disorders)
Skinny / Donna Cooner (Eating Disorders)
Paperweight / Meg Haston (Eating Disorders)
Nothing tastes as good / Claire Hennessy (Eating Disorders)
Zelah Green / Vanessa Curtis (OCD/Self-harm/Anorexia)
Fat kid rules the world / K.L. Going

Memoirs

Wasted / Marya Hornbacker (Anorexia memoir)
My body, my enemy / Claire Beeken

Self-harm

Non-Fiction

Teen issues: self-harm
Stopping the pain: a workbook for teens who cut and self-injure
Understanding and supporting children and young people who self-harm
The truth about self-harm

Fiction

It's kind of a funny story / Ned Vizzini
Drowning instinct / Ilsa J. Bick
Red tears / Joanna Kenrick
Luckiest girl in the world / Steven Levenkron
Manifesto on how to be interesting / Holly Bourne
The butterfly shell / Maureen White
Zelah Green / Vanessa Curtis
Saving Daisy / Phil Earle

Bullying

Non-Fiction

How to handle cyber bullying
Ringleaders and sidekicks: help your son cope with classroom politics
Teen life confidential: Bullies, cyberbullies and frenemies
Vicious – true stories by teens about bullying
Cyberbullying

Fiction

Hangman / Julia Jarman
Playground / 50 cent
Zero to hero / Rob Childs
Hollow pike / James Dawson
Run, Jimmy, Run / Malachy Doyle
A monster calls / Patrick Ness
The boy in the dress / David Walliams
Bad girls / Jacqueline Wilson
Wonder / R.J. Palacio
The absolutely true diary of a part-time Indian / Sherman Alexie
Blubber / Judy Blume
Eleanor and Park / Rainbow Rowell
Swan boy / Nikki Sheehan
Jessica's ghost / Andrew Norriss
Some girls are / Courtney Summers
To this day: for the bullied and beautiful / Shane Koyczan (Graphic Novel)
7 days / Eve Ainsworth

Confidence and Self-Esteem

Non-Fiction

Banish your self-esteem thief: a cognitive behavioural therapy workbooks on building positive self-esteem for young people
Self esteem: learn to believe in yourself!
Self-esteem for boys: 100 tips
Self-esteem for girls: 100 tips
The self-esteem team's guide to sex, drugs and WTFs!!
Girl world: ditch the drama and find your inner amazing

Fiction

Face / Benjamin Zephaniah