

Healthy Reading

West
Lothian

A guide to self-help books and resources available to children, young people and parents through local community library services.



West Lothian
Council



The Healthy Reading Programme has been developed to make it easier to access mental health and wellbeing, books, DVDs and web-based support. Libraries across West Lothian have resources aimed at helping people get the most from life.

These symbols are a guide to the ages for which each resource is most appropriate:

For parents and carers

For use with or by children between the ages of 0-8

For use with or by children between the ages of 8-13

For use with or by young people aged 13-18.

Research suggests that self-help materials can be very effective in helping people overcome mild mental health problems/poor mental wellbeing. This option has many advantages over medication - it can work quickly, it's generally more acceptable to patients and, importantly, there are no side-effects or withdrawal symptoms when treatment finishes.

Members of Child and Adolescent Mental Health Services within the Lothians were asked to identify self-help resources that they regularly use with children, young people and families. Along with input from libraries and health improvement professionals, these recommendations were used to create this information guide.

Healthy reading can help young people to overcome and cope with mental health problems such as anxiety, depression, bullying, stress, eating disorders and panic. A wide range of mental health topics are covered and many resources are also available for parents to help tackle issues that can arise in childhood, such as challenging behaviour and sleep problems.

Many of the books include self-help exercises, based on a cognitive-behaviour therapy approach and this guide includes books written by both those who have experienced difficulties and by clinicians. It's estimated at any given time that as many as 1 in 5 of the population may experience mental health difficulties with problems such as anxiety or depression accounting for at least 30% of all GP consultations.

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ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Understanding ADHD

Christopher Green & Kit Chee (2001)

This guide for parents provides a clear overview of ADHD (causes, behaviours and treatments) and practical, proven strategies to help with common associated problems such as inattention, impulsiveness and under-achievement.

It discusses the pros and cons of medication and other therapies, how to deal with the stress ADHD causes other family members, how to encourage positive behaviours, as well as advice for adults with ADHD.

'Understanding ADHD' shows parents how to work with teachers and health professionals to help their child to enter adulthood with self-confidence, life skills and strong family relationships.

ADOLESCENCE

Blame My Brain

Nicola Morgan (2007)

Aimed primarily at teenagers, but also a useful book for parents, 'Blame my Brain' is an accessible, fun guide to the teenage brain.

This book helps to explain the radical changes that the brain undergoes during the teenage years. Chapters cover emotions, sleep, risk-taking, gender differences, addiction, harmful behaviours, depression and the future.

It also includes self-administered "tests", activities, scientific explanations and useful advice (including guidance about websites and other sources of information).

ADOLESCENCE

Confident Teens

Gael Lindenfield (2001)

An accessible guide for parents negotiating teenage years, with information about how to support healthy independence whilst acknowledging the changes that are taking place within the teenager and the family.

It includes typical teenage scenarios and how to deal with them and a set of 'Golden Rules' for parents of teens.

ANGER

A Volcano in my Tummy

Elaine Whitehouse & Warwick Pudney (1997)

Suitable for children aged six to 13, this easy to read book presents a clear and effective approach to understanding and dealing with anger.

Taking a positive stance, 'A Volcano in my Tummy' shifts anger from being a scary, hurtful force to being creative and constructive energy that can be used to solve problems.

The book contains simple practical activities that can also be used by adults to understand children's anger, and to help overcome the fear of such anger which many parents experience.

Cool That Anger!

Louise Spilsbury (2009)

Cool That Anger! will help you to understand how the physical and chemical changes your body is going through can influence the way you deal with frustration and anger.

It will help you learn about some of the triggers that may be affecting your emotions. It includes real-life quotes, tips and quizzes.

Taming the Dragon in your Child

Meg Eastman (1994)

Aids parents' understanding of both their child's and their own approach to recognising, expressing and managing anger.

It works through examples of specific situations, problem solving styles and provides strategies to communicate, discipline and resolve conflict within families.

ANXIETY/WORRY

How to stop worrying

Frank Tallis (2009)

This easy to read and concise book begins by discussing the causes of worrying and explains how you can make worry work for you and reduce stress and anxiety.

It provides information and examples of how to help learn and implement problem-solving skills, which is a practical and effective strategy to reduce worrying.

Living Life to the Full: Helping you to help yourself

www.livinglifetothefull.com

This website contains information and worksheets based on a cognitive behavioural approach to overcoming depression and anxiety.

Living Life to the Full Interactive

www.daslltffi.co.uk

Living Life to the Full Interactive is an online course based on a cognitive-behavioural approach. The sessions cover common problems seen during low mood and anxiety such as negative thinking and feeling overwhelmed by things.

Telephone support sessions with an experienced Depression Alliance Scotland worker are offered to provide encouragement and support through the course

Overcoming Social Anxiety and Shyness

Gillian Butler (2009)

This very readable book contains real life examples and provides detailed instructions on effective cognitive behavioural techniques for overcoming social phobia and shyness.

Those who lack confidence when they are with other people, or feel embarrassment when meeting new people, are likely to benefit from reading this book. It is suitable for those with anxiety problems right through to those with mild feelings of discomfort and shyness.

Stress and Anxiety in Teenagers

www.stressandanxietyinteenagers.co.uk

Stress and Anxiety in Teenagers is a website that helps young people and those caring about them to develop an understanding of stress and anxiety.

It provides information about how to identify the symptoms associated with stress and anxiety and offers suggestions about ways to combat these symptoms.

The Huge bag of Worries

Virginia Ironside & Frank Rodgers (2004)

A funny and reassuring story book for young children with anxieties. Large, colourful illustrations and a clear, simple message make this book perfect for young children, aged 4+ – to be read either alone or with an adult.

The book teaches that there are lots of different ways of dealing with worries and that doing this can help the child feel better.

Think Good Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People

Paul Stallard (2002)

An attractive and practical workbook that is frequently used in or alongside sessions by clinicians, but can also be worked through by children and young people.

Based on cognitive-behavioural therapy, the workbook is based on the idea that how we feel and what we do is largely a result of what we think. The aim is to bring about changes in thinking, feeling and behaviour.

The key ideas are presented in an accessible way with relevant real life examples. Exercises and worksheets introduce ideas and strategies that can be used to help with a range of psychological problems.

What to do when you're scared and worried

James J. Crist (2004)

This short and accessible book uses examples to introduce different fears and worries that children might experience. It explains the link between thoughts and feelings and normalises the physical response that can lead to headaches, stomach aches and feeling sick.

It includes helpful strategies to manage and reduce anxiety such as relaxation and visualisation, distraction, identifying and challenging thoughts and how to plan small steps to learn how to face scary situations.

Willy and the wobbly house

Margot Sunderland & Nicky Armstrong (2001)

This very readable book contains real life examples and provides detailed instructions on effective cognitive behavioural techniques for overcoming social phobia and shyness.

Those who lack confidence when they are with other people, or feel embarrassment when meeting new people, are likely to benefit from reading this book.

AUTISM SPECTRUM DISORDERS

Freaks, Geeks and Asperger's Syndrome

Luke Jackson (2002)

Written by a 13-year-old boy with Asperger's Syndrome, this is a valuable insight into living with this diagnosis whilst facing the challenges of adolescence. A resource for parents and young people alike.

BEREAVEMENT

Always and Forever

Alan Durant & Debi Giori (2004)

A story for young children who have lost someone they love. Otter, Mole and Hare miss Fox when he falls ill and dies. They stay at home and don't want to talk about him because it makes them sadder.

Then Squirrel visits and reminds them of all the fun times they had together. They all find a way to remember Fox and to move on with their lives. This book emphasises the importance of holding on to memories.

How to live with Autism and Asperger's Syndrome: practical strategies for parents and professionals

Christine Williams, Barry Wright & Olive Young (2004)

An accessible introduction to caring for, or working with, a child with autism spectrum disorders (ASD). Following an overview of the condition and its variations, this book addresses common problems experienced in everyday routines such as feeding, sleeping and toileting.

The authors suggest strategies to cope with aggression and tantrums, preoccupations and compulsions and discuss how to enable better communication and socialising.

Based on up-to-date research and using many case examples, each problem is considered step-by-step to examine why the child might be behaving in that way and how parents might deal with it.

Badger's Parting Gifts

Susan Varley (1994)

A story for young children who have lost someone they love that emphasises the importance of remembering the person who has died. Badger is old and knows he is going to die soon. When he does, the other animals think they will be sad forever, but they begin to talk about the memories they have of the things Badger taught them and learn to cope with his death.

Helping Children Cope with the Loss of a Loved One

William C. Kroen (1996)

A guide for adults that gives details of what children of all ages understand about death and what can be done to recognise and facilitate effective and appropriate grief processes.

The Day the Sea Went Out and Never Came Back

Margot Sunderland & Nicky Armstrong (2003)

This story, for young children who are grieving, follows Eric, a sand dragon, who loves the sea. Eric watches the sea going out and coming back every day. To him his sea is very beautiful. One day, the sea goes out and doesn't come back. Eric feels like he has lost everything. After many bleak days, Eric finds the courage to feel the full pain of his loss, instead of closing his heart. He realises that his memories of his precious sea are like a special kind of treasure in his mind, a treasure he'll never lose.

Winston's Wish

www.winstonswish.org.uk

A bereavement charity that offers practical support and guidance to families, professionals and anyone concerned about a grieving child.

BOTTLED UP FEELINGS

A Niffleloo called Nevermind

Margot Sunderland & Nicky Armstrong (2001)

A story for children who bottle up their feelings. The book follows 'Nevermind' who always carries on whatever happens to him. Every time something horrible happens to Nevermind he just tucks his feelings away and carries on with life.

Eventually Nevermind begins to understand that his feelings do matter. He learns to express them and stand up for himself. With colourful, appealing pictures this book helps children to see that sharing their feelings can allow them to get more out of life.

BULLYING

Bullies, Bigmouths and So-called friends

Jenny Alexander (2006)

This book is easy to read and uses cartoons, exercises, quizzes and fictional scenarios to convey some simple cognitive-behaviour therapy techniques to build children's confidence and self-esteem.

How to handle bullies, teasers and other meanies

Kate Cohen-Posey (1995)

This short book provides clear explanations of practical strategies for handling bullying and teasing. It includes examples and some practice scripts for young people to work through and try.

DEPRESSION/LOW MOOD

Breathing Space

Telephone 0800 83 85 87

www.breathingspacescotland.co.uk

Breathing Space is a free and confidential phone line service for any individual who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to. The website provides information about the service and different types of help available.

Depression Alliance Scotland

“Look OK... Feel Crap?”

www.lookokfeelcrap.org and www.dascot.org

These websites provide information about depression and forms of help available within the community and online including Living Life to the Full Interactive. Look OK... Feel Crap? is aimed at young adults.

Depression in Teenagers

DVD

This DVD is intended to be used as a resource to help users recognise the symptoms associated with depression as well as offering some suggestions about how to seek help.

Depression in Teenagers

CD-ROM

An integrated CD-ROM which helps young people and those caring about them to recognise common signs and symptoms of depression, as well as offering suggestions about ways to combat these symptoms and sources of help.

Depression in Teenagers

www.depressioninteenagers.co.uk

Depression in Teenagers helps young people and those caring about them to recognise common signs and symptoms of depression as well as offering suggestions about ways to combat these symptoms and sources of help.

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Living Life to the Full Interactive

www.daslttffi.co.uk

Living Life to the Full Interactive is an online course based on a cognitive-behavioural approach. The sessions cover common problems seen during low mood and anxiety such as thinking negatively and feeling overwhelmed by things.

Telephone support sessions with an experienced Depression Alliance Scotland worker are offered to provide encouragement and support through the course.

Mind over Mood

Dennis Greenberger & Christine Padesky (1995)

This guide draws on the authors' experience as clinicians and teachers of cognitive therapy to help the reader successfully understand and improve their moods, alter their behaviour, and enhance their relationships. Illustrated with case examples, the book presents the skills for identifying problems, setting goals, and achieving the desired changes.

Mood GYM

www.moodgym.anu.edu.au

MoodGYM is a free, fun, interactive program which helps to explain why we think certain things and to get to know what triggers stressful thoughts. It also offers assertiveness training and assistance in relating to those around us. In order to use the MoodGYM you have to register first. Registration is free of charge and simple, and you do not have to give your real name.

Overcoming Depression: a self-help guide using cognitive behavioural techniques

Paul Gilbert (2000)

A self-help guide using cognitive behavioural techniques, this book is full of step-by-step suggestions, case examples and practical ideas for gaining control over depression and low mood. This is an indispensable guide for both those affected and their friends and families. This book is suitable for parents and older adolescents.

Think Good Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People

By Paul Stallard (2002)

An attractive and practical workbook that is frequently used in or alongside sessions by clinicians but can also be worked through by children and young people. Based on cognitive-behavioural therapy, the workbook is based on the idea that how we feel and what we do is largely a result of what we think.

The aim is to bring about changes in thinking, feeling and behaviour. The key ideas are presented in an accessible way with relevant real life examples. Exercises and worksheets introduce ideas and strategies that can be used to help with a range of psychological problems.

DIVORCE/SEPARATION

Mum and Dad Glue

By Kes Gray & Emma Layfield (2010)

A beautifully illustrated and easy to read book about a little boy who searches for a pot of parent glue to stick his mum and dad's marriage back together. He soon realises that even though his parents may be broken, their love for him is not.

EATING DISORDERS

Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers

By Janet Treasure (1997)

A self-help book for young people suffering from anorexia nervosa. It also has sections for parents and other carers and attempts to answer everyone's questions about the disorder. The content of the book has been advised by families who have experience of anorexia nervosa.

Beating eating disorders (beat)

www.b-eat.co.uk/YoungPeople/Home

This site is specifically for young people and contains information about eating disorders, how to get help and how to help someone else with an eating disorder. Young people have helped to create this site.

Young people can use this site to talk to someone about an eating disorder.

**Getting Better Bite-by-Bite
(a survival kit for sufferers of
bulimia nervosa and binge eating
disorders)**

Ulrike Schmidt & Janet Treasure (1993)

An easy to read book that addresses the problems faced on a daily basis by people who suffer from an eating disorder. A very good problem-solving book, 'Getting Better' provides detailed advice for dealing with this condition. The main focus is on behaviour changes and their necessity for a happier, more fulfilled life.

**Overcoming Anorexia Nervosa:
a self-help guide using
cognitive-behavioural techniques**

Christopher Freeman & Peter Cooper (2002)

This book is intended as a self-help guide for those who suffer from anorexia, or who fear that they may be developing an unhealthy obsession with body weight and food. The first part of the book focuses on the physical and psychological effects of anorexia in the long-term. Part two sets out a series of steps using cognitive-behavioural techniques to help tackle the problem. This book is suitable for parents and older adolescents.

FEAR

Teenie Weenie in a Big World

Margot Sunderland & Nicky Armstrong (2003)

A storybook for young, fearful children. The book centres on Teenie Weenie who one day finds himself in a noisy, screechy place. The worse the noise gets, the smaller Teenie Weenie feels. After a while, he feels so small that the tiniest insect tries to eat him. Teenie Weenie feels terrified and desperately alone. But after a while a Wip-Wop bird comes by and invites Teenie Weenie to his tree house.

With the Wip Wop bird and his friend Hoggie, Teenie Weenie learns for the first time in his life all about the power of together. He comes to know how very different things look when it's an 'us' not just a 'me'. After that, whenever Teenie Weenie finds himself struggling alone with something he goes off and finds some together.

OCD

Breaking Free From OCD

Jo Derisley et al. (2008)

This book describes obsessive compulsive disorder, how you can recognise the symptoms and how CBT can help. It provides a step-by-step guide to coping with OCD for young people and their families. Young people can work alone or with a parent or counsellor to complete the structured treatment plan which includes cartoons, case studies and worksheets.

Talking Back to OCD

John S. March & Christine M. Benton (2007)

This cognitive-behavioural self-help manual aims to help children and young people learn, very gradually, that if they resist the urge to perform the rituals that OCD demands, their obsessions and the anxiety or discomfort that comes with them will go away, little by little, over time. It is full of practical tips and examples for families.

The first part of the book explains what OCD is, what causes it and how it can be effectively treated. The second part focuses on eight steps that can be worked through with children aged four and over to reduce obsessions and compulsions.

PANIC ATTACKS

Panic Attacks:

What they are, why they happen and what you can do about them

Christine Ingham (2000)

This straightforward book explains what panic attacks are, the different causes of them, what to do while you're having a panic attack and how to prevent their recurrence. It also provides information about how others can help someone with panic attacks.

PARENTING

The Incredible Years: A trouble-shooting guide for parents of children aged 2-8 years

Carolyn Webster-Stratton (2006).

ALSO AVAILABLE AS AN AUDIOBOOK.

A positive and practical book for parents of young children. It includes advice on preventing behaviour problems from occurring and provides strategies to promote children's social and emotional competence. It teaches simple techniques of building stepping stones of behaviour and covers praise, play, limit-setting and the concept of 'time out'.

The book also outlines strategies to help parents to teach their child how to deal with their emotions. There is a very healthy focus on the needs of parents themselves as well.

Parenting the Strong-willed child

Rex Forehand & Nicholas Long (2002)

A self-guided programme to help parents of strong-willed children find positive and manageable solutions to their children's difficult behaviour. This manual is based on a clinical treatment programme and is presented as an informative, yet easy-to-read, step-by-step guide which looks at factors that cause or contribute to disruptive behaviour, ways to develop a more positive atmosphere in the home and includes real-life reports by parents of difficult children and strategies for managing specific behaviour problems.

There are also chapters covering ADHD, communication, self-esteem and peer issues, as well as specific problem behaviours (temper tantrums, aggression, sleeping, etc).

Parentline Plus

www.parentlineplus.org.uk

Parentline Plus provides help and support to anyone caring for children: parents, grandparents, step-parents and relatives. It provides advice for families living together as well as apart.

SELF-ESTEEM

Self-Esteem for Boys Self-Esteem for Girls

Elizabeth Hartley-Brewer (2000)

This practical and accessible book helps parents to understand some of the challenges and opportunities children face, ways of managing their behaviour in a way that preserves and promotes their self-esteem and responding sensitively to setbacks.

Stick up for yourself! Every kid's guide to personal power and positive self-esteem

Gershen Kaufman (1999)

This easy-to-read book includes examples, illustrations and exercises to help children build their self-esteem and be more assertive. It explains how to 'stick up for yourself' without 'putting other people down.' It aims to help children identify what is important to them and learn positive ways to deal with strong feelings.

Overcoming low self-esteem: a self-help guide using cognitive behavioural techniques

Melanie Fennell (1999)

This self-help guide, using cognitive-behavioural techniques, explains the nature of low self-esteem and self-destructive thinking. It describes what keeps low self-esteem going and how to identify your positive qualities and gain a more balanced view of yourself.

SLEEP PROBLEMS

Solving Children's Sleep problems: A step by step guide for parents.

Lyn Quine, (1997)

This book offers clear, sensible and effective advice on exactly what to do, and when and how to do it with regards to children's sleep problems. It allows parents to understand their child's sleep pattern and to choose from a range of easy to follow, Step by Step techniques to solve most common childhood sleep problems.

Based on years of clinical experience and research, this easy-to-read guide is full of information and practical help.

TRAUMA

Overcoming Traumatic Stress: a self-help guide using cognitive-behavioural techniques

Claudia Herbert & Ann Wetmore (1999)

This is a self-help guide for individuals suffering from post-traumatic stress, their families and those who work with them. It aims to help provide an understanding of the physical, mental and emotional reactions of traumatic stress. This book is suitable for parents and older adolescents.