

Healthy Reading

West
Lothian

Self help books and resources for children and young people available through local community libraries.

The resources listed here have been recommended by Child and Adolescent Mental Health Services in Lothian for use with or by children and young people to help with mild mental health problems/poor mental wellbeing. All of the resources on the list are available for borrowing from West Lothian Public Libraries.

To find out more or seek help:

- If you are a parent or young person and you want advice about any of the issues raised in these resources, contact your GP.
- If you are a professional and you think being a recommender would help your work, or you would like further information:

Libraries: Rochelle.Downie@westlothian.gov.uk

Health Improvement Team: HIT@westlothian.gov.uk or telephone 01506 775626

Topic	Resource	Suitable age range		
		0-8	8-13	13-18
Adolescence	Blame my Brain Morgan (2007)		▪	▪
Anger	A Volcano in my Tummy Whitehouse & Pudney (1997)	▪	▪	
	Cool that anger Spilsbury (2009)			
Anxiety/Worry	How to stop worrying Tallis (2009)		▪	▪
	Living Life to the Full www.livinglifetothefull.com			▪
	Living Life to the Full Interactive www.daslltffi.co.uk			▪
	Overcoming Social Anxiety and Shyness Butler (2009)			▪
	Relaxation CD Richards		▪	▪
	Stress and Anxiety in Teenagers www.stressandxietyinteenagers.co.uk		▪	▪
	The Huge Bag of Worries Ironside (2004)	▪	▪	
	Think Good Feel Good Stallard (2002)		▪	▪
	What to do when you're scared and worried, Crist (2004)		▪	▪
Willy and the Wobbly House Sunderland (2001)	▪			
Autism Spectrum Disorders	Freaks, Geeks and Asperger's Syndrome Jackson (2002)		▪	▪
	How to live with Autism and Asperger's Syndrome Williams & Wright (2004)			▪
Bereavement/ Grief	Always and Forever Durant & Gliori (2004)	▪	▪	
	Badger's Parting Gifts Varley (1994)	▪	▪	
	The Day the Sea Went Out and Never Came Back Sutherland & Hancock (2003)	▪		
	Winston's Wish www.winstonswish.org.uk	▪	▪	▪

Bottled-up feelings	A Niffleloo called Nevermind Sunderland (2001)	▪		
Bullying	Bullies, Bigmouths and So-called friends Alexander (2006)		▪	▪
	How to handle bullies, teasers and other meanies Cohen-Posey (1995)			▪
	Anti-Bullying East Lothian (ABEL) www.elp.net//antibullyingeastlothian	▪	▪	▪
Depression/ Low Mood	Breathing Space www.breathingspacescotland.co.uk			▪
	Depression Alliance Scotland 'Look OK... Feel Crap?' www.dascot.org and www.lookokfeelcrap.org			▪
	Depression in Teenagers DVD Sharrock et al.			▪
	Depression in Teenagers CD-ROM www.depressioninteenagers.co.uk		▪	▪
	Living Life to the Full www.livinglifetothefull.com			▪
	Living Life to the Full Interactive www.daslltffi.co.uk			▪
	Mind over Mood Greenberger & Padesky (1995)			▪
	Mood GYM www.moodgym.anu.edu.au			▪
	Overcoming Depression: A self-help guide using CB techniques Gilbert (2000)		▪	▪
	Think Good Feel Good, Stallard (2002)			
Divorce/ Separation	Mum and Dad Glue Gray & Layfield (2010)	▪	▪	
Eating Disorders	Anorexia Nervosa: A Survival Guide for Families, Treasure (1997)			▪
	Beating Eating Disorders www.b-eat.co.uk/YoungPeople/Home		▪	▪
	Getting Better Bite-by-Bite, Schmidt & Treasure (1993)			▪
	Overcoming Anorexia Nervosa: A self-help guide using CB techniques Freeman & Cooper (2002)			▪
	Teenie weenie in a big world Sutherland (2003)	▪		

Fear				
OCD	Breaking Free From OCD Derisley et al. (2008)		▪	▪
Panic Attacks	Panic Attacks: What they are, why they happen and what you can do about them Ingham (2000)			▪
Self-Esteem	Stick up for yourself! Every kid's guide to personal power and positive self-esteem Kaufman (1999)		▪	▪
	Overcoming low self-esteem: A self-help guide using CB techniques Fennell (1999)			▪
Trauma	Overcoming Traumatic Stress: Self-help guide using CB techniques Hebert & Wetmore (1999)			▪