Young People's Mental Health

Reading Well for young people recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

The books have all been recommended by young people and health professionals and are available to borrow for free from public libraries.

General

Mind Your Head
Juno Dawson, Dr. Olivia Hewitt, Gemma Correll
House of Windows
Alexia Casale
Every Day
David Levithan
Quiet the Mind
Matthew Johnstone

STUFF THAT SUCCES	Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can Ben Sedley
WELL BEN SEDIEY	<u>I'll Give You the Sun</u> Jandy Nelson
JANDY NELSON Brahmachan Kite	<u>Kite Spirit</u> Sita Brahmachari
NICOLA MORGAN BLAME MY BRAIN	Blame My Brain: The Amazing Teenage Brain Revealed Nicola Morgan
BRAIN	

Anxiety, worry and panic

The Loc	The Perks of Being a Wallflower
Perks of Being of WallFlow WallFlow Stephen Chbosky	Stephen Chbosky
CBT skills (b)	Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic Jennifer Shannon
the anxiety survival guide for teens	
* MYANXIOUS MIND: MIND:	My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic Michael A. Tompkins, Katherine A. Martinez, Michael Sloan
the shyness & social anxiety workbook for teens det and ACT skils to help you build social confidence * stop working * stop working	The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence Jennifer Shannon
CONTRACTOR DEVELOPMENT	

Autism Spectrum Disorder

WINNER OF THE WHITEREAD. BOOK OF THE YEAR THE	The Curious Incident of the Dog in the Night-time
CURSTANENT De THE DOG HTHE NIGHT-TIME EXCEPTIONAL Provident MARK HADDON	Mark Haddon, Suzanne Dean
	The Reason I jump: one boy's voice from the silence of Autism
THE REASON JUMP Content of the select of a scale Content of the select of a scale Content of the select of a scale Content of the select of the scale Content of the select of the scale Content of the scale of	Naoki Higashida, David Mitchell, Keiko Yoshida

Body Image and Eating Disorders

	Banish your body image thief : a cognitive behavioural therapy workbook on building positive body image for young people
BANISH Your BODY IMAGE Thief	Kate Collins-Donnelly
A control Montane of The say Metabook in Bandary Practice And Marge for Small Provide Kate Collins-Donnelly	
Can I tell you about Eating Disorders?	Can I tell you about eating disorders? : a guide for friends, family and professionals
His my mig the factor of the f	Bryan Lask, Lucy Watson, Fiona Field

Bullying

× 3 × 1/2 900	Bullies, Cyberbullies and Frenemies
	Michele Elliott
EUHAN	
Lyberbuilles	
Ten Lile Confidential	
Neide Ent	
Starting and a starting and a starting and a starting a starting and a starting and a starting and a starting a	

Confidence and Self-Esteem

	<u>Face</u>
	Benjamin Zephaniah
face	
benjamin zephaniah	
10 m m m	Self-Esteem and Being You
Self	Anita Naik
Teen Lile Conlidential Anita Nate	
	Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People
BANISH Your SELF-ESTEEM Thief	Kate Collins-Donnelly
Kate Collins - Donnelly	

Depression

Can I tell you about Depression?	Can I tell you about depression? : a guide for friends, family and professionals
Participant Participant	Christopher Dowrick , Susan Martin, Mike Medaglia, Paula Dowrick
HAD A BLACK DOG	<u>I had a black dog</u> Matthew Johnstone
AMI DEPRESSED AND WHAT CAN I DO ABOUT IT? A CBT self-help guide for teenagers experiencing low mood and depression	Am I depressed and what can I do about it? : a CBT self-help guide for teenagers experiencing low mood and depression Shirley Reynolds, Monika Paarkinson
READING SHIRLEY REVNOLDS and MONIKA PARKINSON	

OCD

BREAKING	Breaking Free from OCD: A CBT Guide for Young People and Their Families
A BIT Guide for Young People and Their Families Control of the families A Dansea successful of the families A Dansea successful of the families and departs. Tarte	Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner, Lisa Jo Robinson

Touch and Go	Touch and Go Joe: An Adolescent's Experience of OCD
An Adolescent's Experience of OCD	Joe Wells
Joe Wells	
Joe Wells Isobi Hoyman	
how can be be failing in law when he can't even save the word?	The Unlikely Hero of Room 13b
THE	Teresa Toten
UNLIKELY	
HERO	
OF	
ROOM	
13 B TERESA TOTEN	

Self-harm

The truth about self-harm	The Truth About Self-Harm: For Young People
for young people and their friends and families	and Their Friends and Families
Mental Health Roundation	Celia RIchardson

Stress

