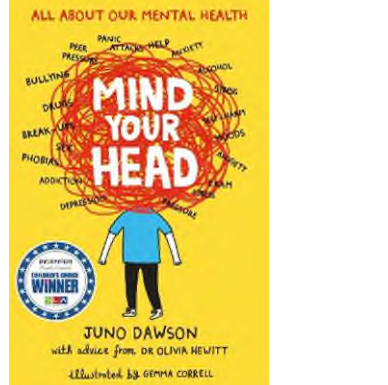
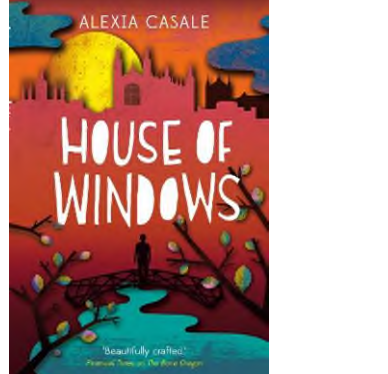
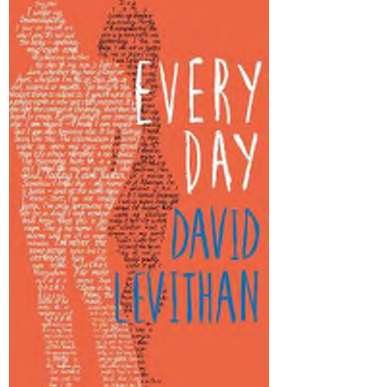



## Young People's Mental Health

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

	<p><a href="#">Mind Your Head</a></p> <p>Juno Dawson, Dr. Olivia Hewitt, Gemma Correll</p>
	<p><a href="#">House of Windows</a></p> <p>Alexia Casale</p>
	<p><a href="#">Every Day</a></p> <p>David Levithan</p>
	<p><a href="#">Quiet the Mind</a></p> <p>Matthew Johnstone</p>



[Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can](#)

Ben Sedley



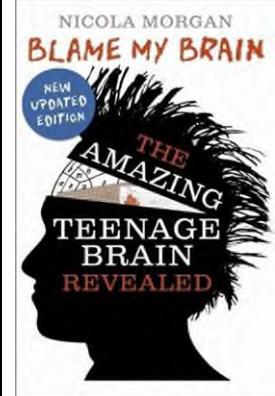
[I'll Give You the Sun](#)

Jandy Nelson



[Kite Spirit](#)

Sita Brahmachari




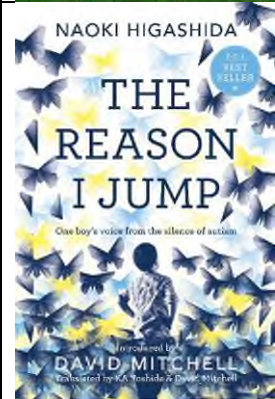
[Blame My Brain: The Amazing Teenage Brain Revealed](#)

Nicola Morgan

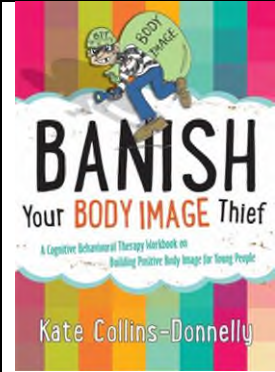
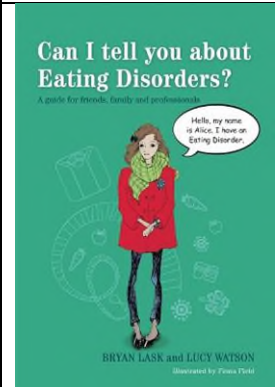
**Anxiety, worry and panic**

	<p><a href="#">The Perks of Being a Wallflower</a></p> <p>Stephen Chbosky</p>
	<p><a href="#">Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic</a></p> <p>Jennifer Shannon</p>
	<p><a href="#">My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic</a></p> <p>Michael A. Tompkins, Katherine A. Martinez, Michael Sloan</p>
	<p><a href="#">The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence</a></p> <p>Jennifer Shannon</p>

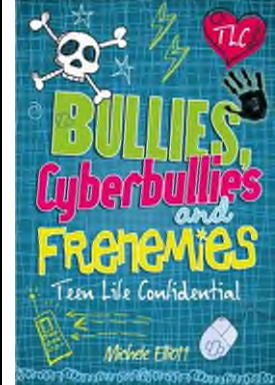
## Autism Spectrum Disorder

	<p><a href="#"><u>The Curious Incident of the Dog in the Night-time</u></a></p> <p>Mark Haddon, Suzanne Dean</p>
	<p><a href="#"><u>The Reason I jump: one boy's voice from the silence of Autism</u></a></p> <p>Naoki Higashida, David Mitchell, Keiko Yoshida</p>

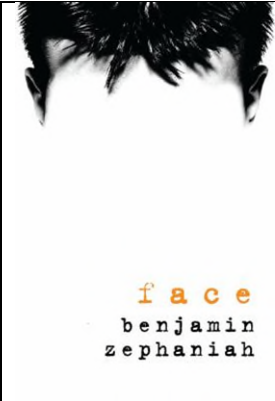
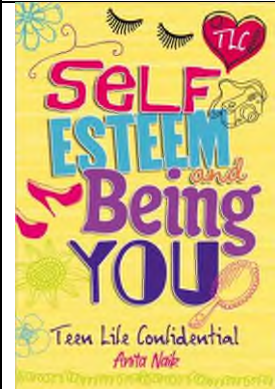
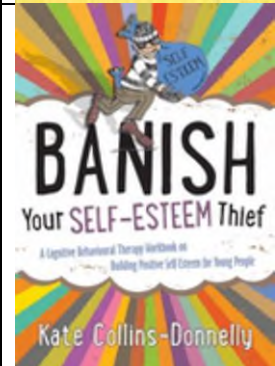
## Body Image and Eating Disorders

	<p><a href="#"><u>Banish your body image thief : a cognitive behavioural therapy workbook on building positive body image for young people</u></a></p> <p>Kate Collins-Donnelly</p>
	<p><a href="#"><u>Can I tell you about eating disorders? : a guide for friends, family and professionals</u></a></p> <p>Bryan Lask, Lucy Watson, Fiona Field</p>

## Bullying

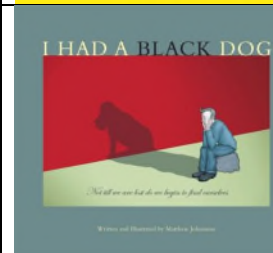
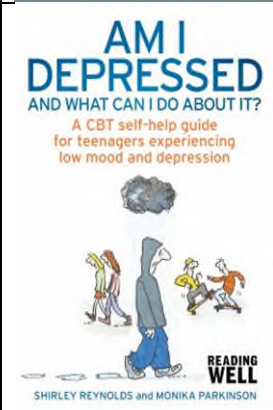
	<p><a href="#"><u>Bullies, Cyberbullies and Frenemies</u></a></p> <p>Michele Elliott</p>
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## Confidence and Self-Esteem

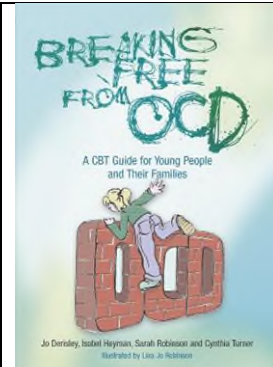
	<p><a href="#"><u>Face</u></a></p> <p>Benjamin Zephaniah</p>
	<p><a href="#"><u>Self-Esteem and Being You</u></a></p> <p>Anita Naik</p>
	<p><a href="#"><u>Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People</u></a></p> <p>Kate Collins-Donnelly</p>

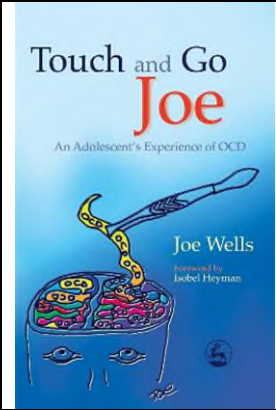
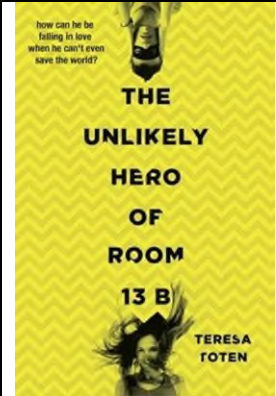


## Depression


 <p>Can I tell you about Depression? A guide for friends, family and professionals</p> <p>CHRISTOPHER DOWRICK AND SUSAN MARTIN Illustrated by Mike Medaglia</p>		<p><a href="#"><u>Can I tell you about depression? : a guide for friends, family and professionals</u></a></p> <p>Christopher Dowrick , Susan Martin, Mike Medaglia, Paula Dowrick</p>
 <p>I HAD A BLACK DOG</p> <p>Matthew Johnstone</p>		<p><a href="#"><u>I had a black dog</u></a></p> <p>Matthew Johnstone</p>
 <p>AM I DEPRESSED AND WHAT CAN I DO ABOUT IT? A CBT self-help guide for teenagers experiencing low mood and depression</p> <p>READING WELL</p> <p>SHIRLEY REYNOLDS and MONIKA PARKINSON</p>		<p><a href="#"><u>Am I depressed and what can I do about it? : a CBT self-help guide for teenagers experiencing low mood and depression</u></a></p> <p>Shirley Reynolds, Monika Paarkinson</p>

## OCD

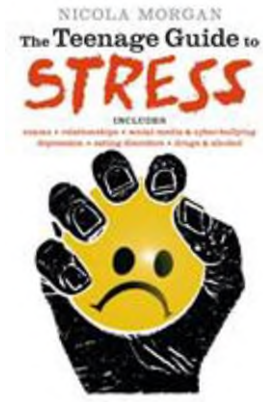
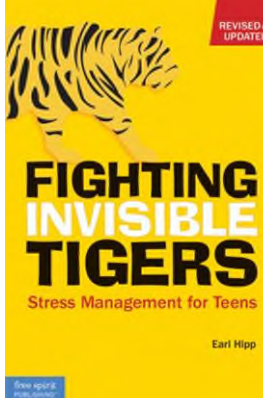
 <p>BREAKING FREE FROM OCD</p> <p>A CBT Guide for Young People and Their Families</p> <p>Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner Illustrated by Lisa Jo Robinson</p>		<p><a href="#"><u>Breaking Free from OCD: A CBT Guide for Young People and Their Families</u></a></p> <p>Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner, Lisa Jo Robinson</p>
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 <p>Touch and Go <b>Joe</b> An Adolescent's Experience of OCD Joe Wells Foreword by Isobel Heyman</p>		<p><a href="#"><u>Touch and Go Joe: An Adolescent's Experience of OCD</u></a></p> <p>Joe Wells</p>
 <p>How can he be falling in love when he can't even save the world?</p> <p><b>THE UNLIKELY HERO OF ROOM 13 B</b></p> <p>TERESA TOTEN</p>		<p><a href="#"><u>The Unlikely Hero of Room 13b</u></a></p> <p>Teresa Toten</p>

## Self-harm

		<p><a href="#"><u>The Truth About Self-Harm: For Young People and Their Friends and Families</u></a></p> <p>Celia Richardson</p>
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## Stress

		<p><a href="#"><u>The Teenage Guide to Stress</u></a></p> <p>Nicola Morgan</p>
		<p><a href="#"><u>Fighting Invisible Tigers: Stress Management for Teens</u></a></p> <p>Earl Hipp</p>