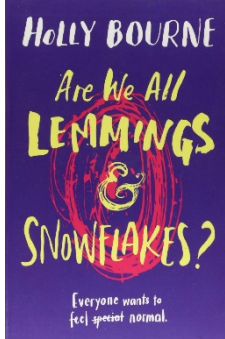


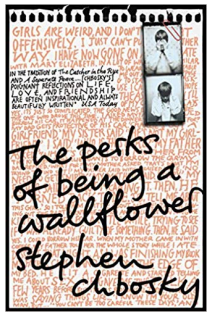
Recommended Reads



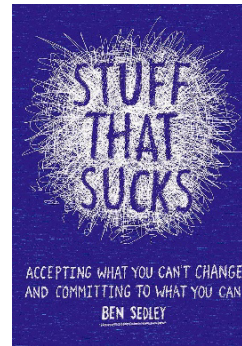
Are We all Lemmings and Snowflakes? by Holly Bourne – Olive is on the edge. She has been sent to Camp Reset, a summer camp that will offer her and her new friends a shot at 'normality'. Luckily Olive has a plan to solve all their problems. But how do you fix the world when you can't fix yourself? AR 4.7



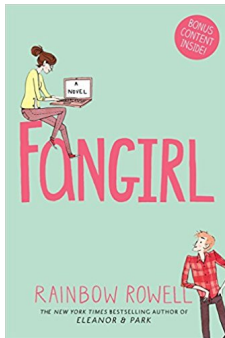
Looking After Your Mental Health – We talk about our physical health - but not so much about how we're feeling. This book explains why we have emotions and what can influence them, covering everything from friendships, social media and bullying to divorce, depression and eating disorders.



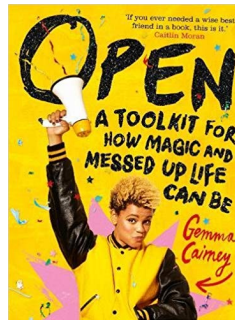
The Perks of Being A Wallflower by Stephen Chbosky – Charlie isn't the biggest geek in the school, but he is by no means popular. Shy, introspective, intelligent beyond his years yet socially awkward, he is a wallflower, caught between trying to live his life and trying to run from it. (Year 9+)



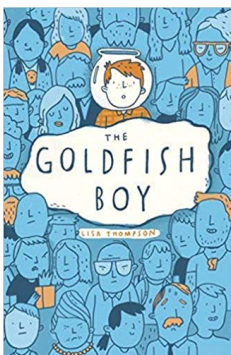
Stuff That Sucks by Ben Sedley - If you're struggling with your emotions, hearing 'everyone feels like that' isn't a comfort. Your emotions are valid, and this book shows you how to accept them rather than struggling against them, and how to reconnect with what is really important to you and what you value in life.



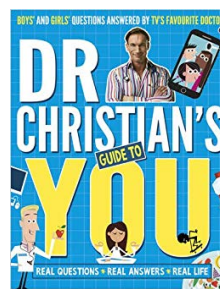
Fangirl by Rainbow Rowell - Kath's twin sister Wren is excited about starting a new life at college - but introverted Cath isn't too sure. She's more comfortable in the world of the fan fiction. Wren decides she no longer wants to be one half of a pair and left alone without her twin's support, Cath must face challenges that take her far outside her comfort zone. AR 3.9



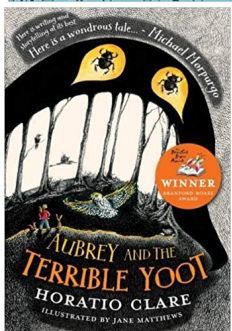
Open: A Toolkit for How Magic and Messed Up Life Can Be by Gemma Cairney - Full of honest advice about the big, bad and beautiful things that growing up is all about: from mental health to families to first love, and everything in between., from Radio 1 DJ and young people's advocate Gemma Cairney.



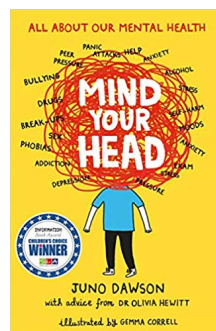
The Goldfish Boy by Lisa Thompson – 12 year old Matthew is trapped in his bedroom by crippling OCD, spending his time staring out his window watching the neighbours. Until one fateful day. He is the last person to see his neighbour's toddler Teddy before he goes missing, and Matthew must turn detective to solve the mystery.



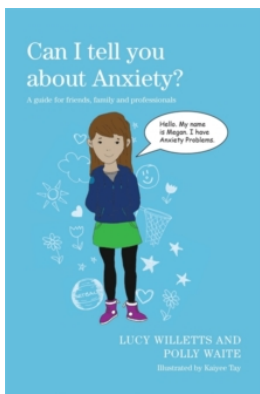
Dr Christian's Guide to You by Dr. Christian Jessen - Coping with stress, being healthy and happy, your changing body, looking after yourself, dealing with anxiety – TV's Dr Christian tackles all your worries about growing up stress-free and healthy.



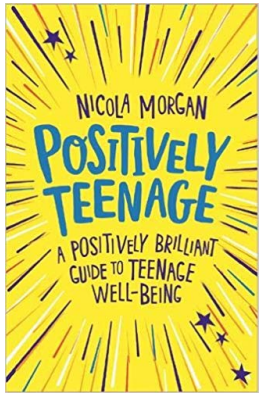
Aubrey and the Terrible Yoot by Horatio Clare - One day, a horrible depression - the Terrible Yoot - takes hold of Aubrey's father and won't let go. Aubrey travels into his imagination to find a solution and finds that he can help his father by confronting the Terrible Yoot together.



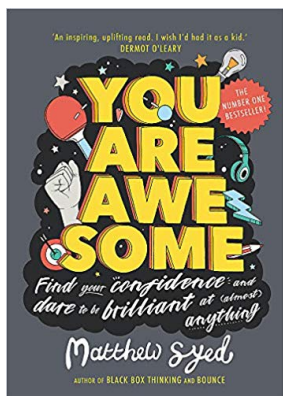
Mind Your Head by Juno Dawson – We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk about our mental health. Juno and Dr Olivia Hewitt give supportive advice about a range of issues facing your mental health.



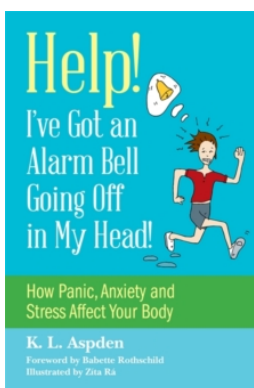
Can I Tell You About Anxiety? By Lucy Willetts & Polly Waite - Meet Megan, who has an anxiety disorder. Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious and how this affects her thoughts, feelings and behaviours.



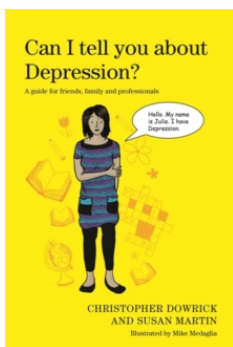
Positively Teenage by Nicola Morgan – The media so often portrays adolescence negatively, but this book shows you how to approach these years far more positively so that you can really flourish and be in control. You'll find simple strategies to develop a positive attitude, growth mindset, self-understanding, determination and resilience.



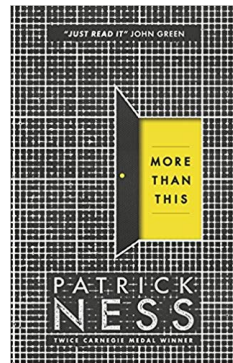
You Are Awesome by Matthew Syed – I'm no good at sport ... I can't do maths ... I really struggle with exams ... Sound familiar? If you believe you can't do something, the chances are you won't try. But what if you really could get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to?



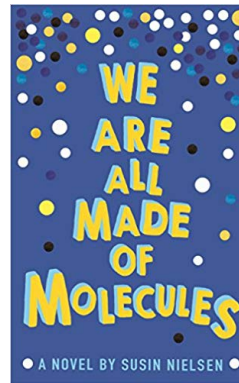
Help! I've Got an Alarm Bell Going Off in My Head! by K.L. Aspden - Ever wondered what happens inside our bodies when we feel angry, nervous, stressed or anxious? This book explains what happens to the brain and nervous system when that alarm bell in our heads starts ringing, and includes tips to help you reduce feelings of anxiety and keep your nervous system healthy.



Can I Tell You About Depression? By Christopher Dowrick & Susan Martin – Meet Julie, who suffers from periods of depression. This book helps readers to understand what depression is, what it is like to feel depressed, how it can affect life and what others can do to help.



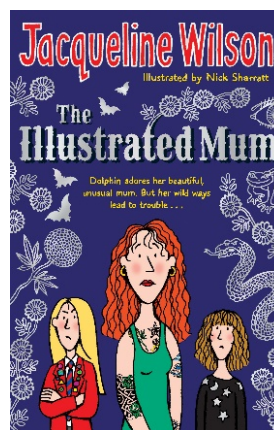
More Than This by Patrick Ness – Seth drowns, desperate and alone in his final moments, losing his life as the sea claims him. But then he wakes. He is naked, thirsty, starving. But alive. How is that possible? He remembers dying, so how is he here? And where is this place? (Year 9+)



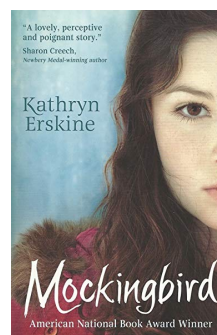
We Are All Made of Molecules by Susin Nielsen – High-functioning Stewart is happy at school but his life is shattered when his Mum dies from cancer. Ashley is obsessed with her social standing at her own school, devastated by her dad moving out because he's gay. They become unwilling siblings when their parents unexpectedly get together. AR 4.7



Turtles All the Way Down by John Green – Aza's life is filled with complications. Living with anxiety and OCD is enough but when Daisy, her Best and Most Fearless Friend, brings her on a mission to find a fugitive billionaire things are about to get even more complicated. AR 5.6



The Illustrated Mum by Jacqueline Wilson - Dolphin adores Marigold, her mum. She has tattoos all over her body and wonderful clothes. But Dolphin's sister, Star, feels differently. Marigold may look amazing, but living with her unpredictable moods can be hard. As much as the girls love Marigold, is she the right person to be looking after them? AR 4.0



Mockingbird by Kathryn Erskine – Caitlin misses her brother every day. Since his death, she has no one to explain the world to her. And the world is confusing. Cait hates it when colours get mixed up, & needs to check her Facial Expressions chart to understand emotions. AR 3.6