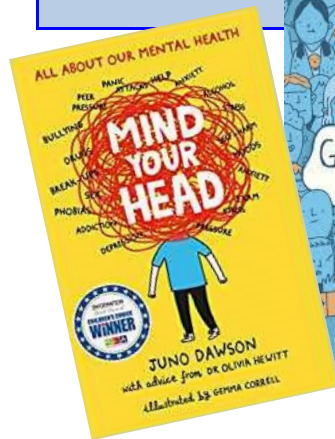
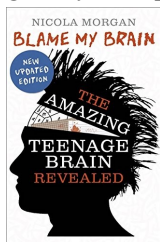


READING FOR YOUR
WELLBEING
BOOK LIST
TITLES AVAILABLE IN
THE LIBRARY



General

Be Resilient by Nicola Morgan (NF 152) - A guide for building mental resilience to help you through your teenage years and gives you coping strategies for life.



Blame My Brain by Nicola Morgan (NF 612.8) - From taking risks to sleeping late, gender differences to depression, uncontrollable emotions to the effects of drugs and alcohol, this book tells you all you need to know.

Feel Good, Look Great by Steve Parker (NF 613.04) - a book about life skills.

How Not to Lose It by Anna Williamson - The go-to mental health guide for kids. Exam stress? Friendship issues? Panic attacks?



Mind Your Head by Juno Dawson (NF 616.8) - All about our mental health. Mental health is the hardest medical problem to talk about. This is a clear and supportive guide to young peoples mental health.

Social Media and You by Honor Head (NF 302.2) - Looks at how our use of social media can affect our mental health.

Thirteen Reasons Why by Jay Asher - there are thirteen reasons why our friend died. You are one of them.

What is Mental Health? By Dr Lucy Maddox (NF 152) - What is mental health, how can we help look after it and what might make it feel worse.

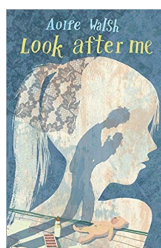


Adoption/Looked After

Counting by 7s by Holly Goldberg Sloan - Willow is 12. Her parents die unexpectedly and she has to piece her life back together. Touching and heart warming.

Dara Palmer's Major Drama by Emma Shevah - Dara was adopted as a baby from Cambodia. She never gets a part in the school play and thinks it's because she doesn't look like the other girls in her class. So she comes up with a plan.

Far From the Tree by Robin Benway—Having given up her baby for adoption, 16 year old Grace decides to find out more about her biological mother and discovers two siblings she never knew existed.



Look After Me by Aolfe Walsh - Phoebe's mum and dad are foster parents. They're having a tough time. Her dad's moved out. Her foster brothers are playing up, so when Phoebe and her brother find a baby in their den they decide to look after it themselves.

Would the real Stanley Carrot Please Stand Up by Rob Stevens - Stanley's adopted. He's different. Then his birth mother gets in touch. Will she be disappointed. What he needs is a stand-in Stanley!

Autism Spectrum Disorder

All Cats have Asperger Syndrome by Kathy Hoopman (NF 616.8) - Touching, humorous and insightful. This book evokes the difficulties and joys of raising a child who is different and leaves the reader with a sense of the potential of people with AS.

Can You See Me by Libby Scott & Rebecca Westcott - with moving diary entries written by 11 year old Libby Scott, based on her own experience of autism, this is a memorable collaboration with Rebecca Westcott. Autistic Tally hides it as much as possible, but her real self is fierce and wonderful. It can't stay hidden forever.

Colin Fischer by Ashley Edward Miller - Colin is 14 and has Asperger's. The world is a mystery to him. He can't read his classmates expressions and he has no idea why his parents hug him. But when a gun goes off in school one lunchtime, he knows he can work out who did it. His hero is Sherlock Holmes!

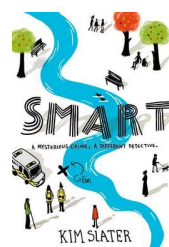
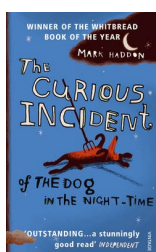
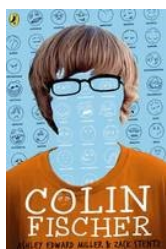
Counting by 7s by Holly Sloan Goldberg - Willow is a 12 year old genius, obsessed by diagnosing medical conditions and finds comfort in counting by 7s. It has never been easy for her to connect with her adoptive parents, then suddenly they are killed in a car crash. Her journey to find a surrogate family is a joy and a revelation.

The Curious Incident of the Dog in the Night by Mark Haddon - Christopher is 15 and has AS. He knows lots about maths and very little about humans. He loves lists, patterns and the truth. He Hates the colour brown and being touched. He has never gone further than the end of the road on his own, but when he finds a dog murdered he sets out on a terrifying journey which will turn his whole world upside down.

Freaks, Geeks and Asperger's Syndrome by Luke Jackson (NF 371.9) - Adolescence and the teenage years are a minefield of emotions, transitions and decisions, and when a child has AS, the result is often explosive. This book gives guidance on bullying, friendships, when and how to tell others about AS, problems at school, dating and relationships, and morality.

A Kind of Spark by Elle McNicoll Addie is autistic as is her older sister. A story about courage, friendship and what it means to be different.

Smart by Kim Slater - Kieran cares about the murder of a homeless man, but no one else does, so he's going to find out what happened. Being a detective is difficult when you're Kieran and you're amazing at drawing, but terrible at fitting in.



Bereavement

Before I Die by Jenny Downham - Tessa has only a few months to live and she's made a list—ten things she wants to do before she dies. Number one is sex. Starting tonight.

Boy in the Black Suit by Jason Reynolds— A teenager deals with coming to terms with the death of his mother through his work at a funeral home, and the people that he meets there.

Clownfish by Alan Durant—A young boy finds solace at the local aquarium when coming to terms with the death of his dad. A poignant and moving story that tackles many issues and engrosses from the start.

The Crossing by Manjeet Mann—A teenage girl struggling with her mother's death and an Eritrean refugee find hope when fate throws them together. This award-winning book is written in verse.

Dandelion Clocks by Rebecca Westcott Smith - we know that something terrible is going to happen. The clues are there. The short temper, the hushed whispers and the shopping for a bra, that Liv doesn't need yet.

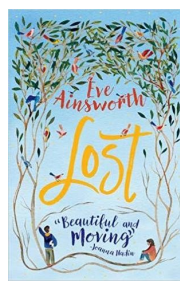
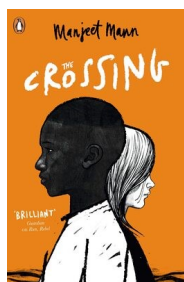
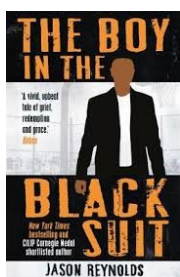
Don't Doubt the Rainbow by Anthony Kessler—A teenage girl must unravel the clues surrounding her mother's suspicious death, at the same time as dealing with her grief.

Kite Spirit by Sita Brahmachari— Kite's best friend commits suicide and her world falls apart. Then she meets Garth who seems to understand her pain.

Letters to the Lost by Brigid Kemmerer—A grieving teen girl falls in love with a troubled teen boy after he finds her letters that she leaves at her mother's grave in the cemetery where he is doing community service.

Lost by Eve Ainsworth—When Alfie Turner loses his mum, it feels like his world is falling apart. She was the glue that held their family together and, now that she's gone, Alfie and his dad don't really know how to be a family without her. And then Alfie meets Alice. Alice is a force of nature and has her own set of problems, but at least when Alfie's with her he can forget about his

Love is a Number by Lee Monroe - Eloise is Wrecked when her boyfriend dies. Desperate and confused she begins to text his phone. Never expecting to get a reply



Mind the Gap by Phil Earle—When Mikey's dad died, something in Mikey died too. He loved his old man and he never stopped dreaming that one day his dad would land the role of a lifetime, prove them all wrong, and rock back up to the estate in the flashiest car anyone had ever seen. Now there's just numbness, and not caring, and really, really stupid decisions. He says the worst of it is that he can't even remember his dad's voice any more. Eventually Mikey's best mate can't bear it any more, and so he sets out to give Mikey the memories - and his dad's voice - back.

A Monster Calls by Patrick Ness - Connor has the same dream every night, ever since his mum first fell ill. But tonight is different. There's a visitor at the window.

My Sister Lives on the Mantlepiece by Annabel Pitcher - This is an unflinchingly real account of a young boy's struggle to make sense of the loss that tore his family apart.

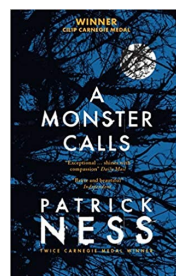
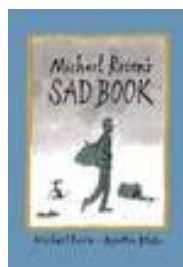
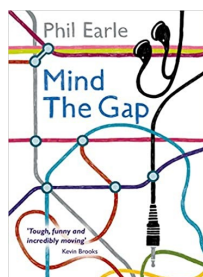
Sad Book by Michael Rosen (NF 170) - Michael Rosen writes about his sadness after his son died, how it affected him and some of the things he does to try and cope with it.

Seasons of Secrets by Sally Nicholls - A story about a broken-hearted child, who is sent to live with her grandparents while her father Sorts Things Out at home. A story of love, healing and strange magic.

See You at Harry's by Jo Knowle - there lives are suddenly turned upside down and Fern feels responsible for the devastating event that tears their family apart.

White Dolphin by Gill Lewis - Kara and Felix can't stand each other, but finding an injured dolphin they work together to save it. Now friends, they work together to find out the truth behind Kara's mums disappearance.

The Year of the Rat by Clare Furniss - To Pearl there is nothing sweet about her premature sister Rose. She caused her mother death and has turned Pearl's world upside down. Rose is the Rat.



Anxiety

Finding Audrey by Sophie Kinsella - Audrey can't leave the house or take off her dark glasses in the house. Then Linus comes into her life and slowly entices her out of the house.

Goldfish Boy by Lisa Thompson— Matthew Corbin suffers from severe obsessive-compulsive disorder. He hasn't been to school in weeks. His hands are cracked and bleeding from cleaning. He refuses to leave his bedroom.

The Perks of Being a Wallflower by Stephen Chbosky - Charlie is shy, introspective and intelligent beyond his years. He stands on the fringes of life, but can't stay there forever!



Body Image and Eating

Body Brilliant by Nicola Morgan (NF 152) - Informative, wide-ranging and accessible text gives advice to help teenagers develop or retain a positive body image.

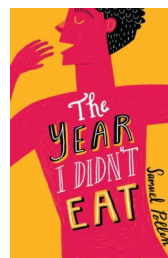
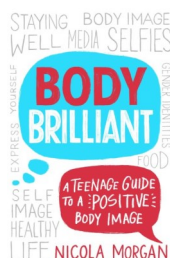
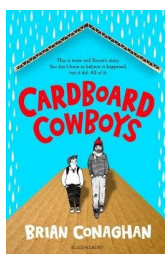
Cardboard Cowboys by Brian Conaghan—Nobody at school can see past Lenny's size to the person within. So when lessons get too tough, Lenny always goes to his bench to think. At least there no one can see him. Then one day, midway through lobbing his empty can of Irn-Bru into the canal he's stopped by Bruce. Bruce lives in a cardboard home hidden away by the banks, and he doesn't approve of kids messing up his front lawn. Through their friendship they both find a way to heal their unhappy lives.

Countless by Karen Gregory - Heart-breaking, life-affirming, brave and bold. A completely different kind of love story. Hedda is in the grips of an eating disorder and now she's pregnant! She calls a truce with her eating disorder. Just until the baby is born!

Inside Out by Nadia Shivak (NF 616.8) - A portrait of an eating disorder. Nadia calls her eating disorder Ed. He is sometimes like an alien in her body, sometimes like a lover, unpredictable and exciting, but ultimately always dangerous and destructive.

Summer's Dream by Cathy Cassidy - Summer has always dreamed of being a dancer. The audition for ballet school becomes her obsession, and things start spiralling out of control. The more she tries to find perfection, the more lost she becomes.

The Year I Didn't Eat by Samuel Pollen—Max only has one person he can really talk to. Her name is Ana—also known as anorexia, his eating



Bullying



Ace of Spades by Faridah Abike-Iyimide—Buried secrets come to light when two students are targeted by an anonymous bully with an explosive agenda.

The Apple Tart of Hope by Sarah Moore Fitzgerald - two teenagers are close friends until things cause a rift. There is a twist, a real surprise for the reader.

Between the Lies by Cathy MacPhail - Judith suddenly disappears. She hasn't been on line and nobody has heard from her. Until, Abbie, a school nobody, receives a message! "I want to come home." Who can find the truth between the lies?

Bubble Wrap Boy by Phil Earle - A small boy with a big dream. He believes that everyone is good at something. He's found his secret talent, skateboarding. All he's got to do is practice. Nothings going to stop him. Then he discovers something that will change everything.

Bullying by Joanne Mattern (NF 302.3) - What are the different types of bullying? Why do people bully others? How can you deal with bullies? Help to find the answers to these questions in this book.

Dog by Andy Mulligan—Tom thinks Spider is his friend for life, but he's a naughty puppy and Tom has to deal with his parents separation, the pressure of a new school and a bullies unwanted attention.

Feather Boy by Nicky Singer - Robert is the class victim, the guy who's never picked for the team. No one is more surprised than him when he is given the quest to solve a mystery. A derelict house and a boy who fell to his death from an upper window. To get to the truth, Robert must learn what it really means to fly.

How to be Invisible by Tim Lott - It was the 13th September, 13 days after my birthday, when I first learned how to be invisible. Strato is the odd one out. He's the only black kid in school, he knows more about particle physics than his teacher and he's constantly picked on by the school bully. A dusty old book in a mysterious bookshop, changes his life.

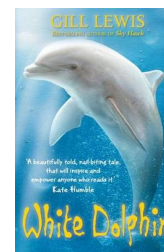
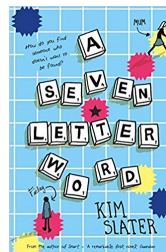
Kick the Moon by Muhammad Khan - Ilyas joins a gang to stop himself from being bullied and ends up doing things he doesn't want to do, until he stands up to the bullies.

A Waste of Good Paper by Sean Taylor - Written in diary form, this book is a searingly honest, funny and totally brilliant account of Jason's life.

White Dolphin by Gill Lewis - A story about friendship, the mystery of Kara's mother's disappearance and saving a reef.

You Don't Know Me by Sophia Bennett - If you've ever felt alone in a world full of people talking, this book is for you. Broken friendships and everyone is talking about them, but no one knows the truth.

7 Letter Word by Kim Slater - My name is Finley. I can see ok, can hear well and write really, really well. But the thing is, I can't speak. I'm a st-st-st-stutterer. Moving and compelling.



Confidence and Self-Esteem

Dare to be You by Matthew Syed (NF 152) - A guide to being yourself and navigating the journey to get there.

Dumplin' by Julie Murphy - A 16-year-old plus-size girl decides to enter her small town's beauty contest

Face by Benjamin Zephaniah - Martin's life is pretty good. But life - as Martin is about to find out - is about to change. Something terrible has happened to his face.

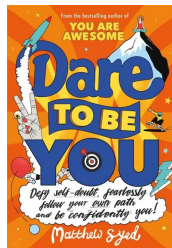
Fig Swims the World by Lou Abercrombie - Fifteen-year-old Fig decides to defy her controlling mother and defeat her biggest fears by learning to swim and then complete an organised swim on each continent

One by Sarah Crossan - what happens when conjoined twins are forced by poverty to abandon the safety of home education, to attend a state school.

Self-Esteem by Julian Powell (NF 616.8) - What should I eat/ What will happen if I take drugs? How should I exercise? This book will give you the facts about these questions and more, so you can make informed choices for yourself.

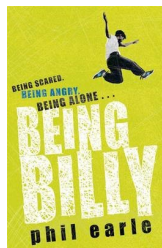
Small Steps by Louis Sachar - A brilliant fast paced adventure story about Armpit and his five goals for himself, including avoiding situations that could turn violent and losing the name Armpit.

Wonder by R. J. Palacio - Wonder is braving school with severe facial deformities.



Depression/Low Mood

Another Place by Matthew Crow - A teenage girl recovering from depression investigates the disappearance of another girl from her small home town.



Being Billy by Phil Earle - Being scared, being angry, being alone is being Billy. 8 years in a care home makes him a professional lifer - he's angry with the system, the social workers and the mother who gave him away. His little brother and sister keep him going, though they can't keep him out of trouble.

Heroic by Phil Earle - Jammy and Sonny are brothers. One is calm when the other is angry; One has a plan while the other lives purely in the moment. When Jammy comes back from Afghanistan a very different man, it's up to Sonny to hold things together.

My Sister Lives on the Mantelpiece by Annabel Pitcher - Five years on Jamie's sisters ashes are still on the mantelpiece. Dad drinks, mums gone and all Jamie has are unanswered questions and the struggle to make sense of the loss that tore his family apart.

A Spot of Bother by Mark Haddon - A book for older teens/adults. George is 57 years old and settling into a comfortable retirement. Then his daughter announces she's remarrying, his wife's having an affair with a former colleague of his, son Jamie fails to invite his lover, Tony, to the wedding and when George discovers a sinister lesion on his thigh, he quietly begins to lose his mind.

Self-Harm

I Was There by Gayle Forman - Cody and Meg were inseparable, until they weren't! Meg drinks a bottle of industrial-strength cleaner alone in a motel room. Cody, shocked and devastated, can't understand why there was no warning.

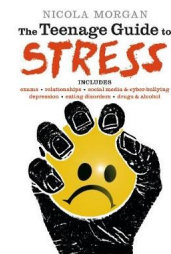
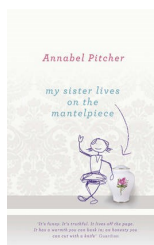
More of Me by Kathryn Evans - Teva's life seems normal: school friends, boyfriend. But at home she hides a secret.

Self-harm and Suicide (issues series) (NF 616.8) - Covers self-harm and suicide and the issues around them, through a range of facts and opinions.

Stress

The Impossible Knife of Memory by Laurie Halse Anderson - Hayley is fighting everyone - her dad, her stepmother, the new boy Finn. Fighting to forget the past. But some memories run too deep....

The Teenage Guide to Stress by Nicola Morgan - Being a teenager can be incredibly stressful. Exam pressure, changing bodies, social media, bullying and relationships can lead to low self-esteem, depression, anxiety and ill-health. This book will examine these problems and provide great strategies for dealing with them.



Family Break Up

Coping with Absent Parents by Mary Colson (NF 306.8) - Why do parents sometimes need to work far from home? Who can help when your parents are separating? This book will help you learn the truth about difficult topics.

Divorce by Joanne Mattern (NF 306.8) - Why do people get divorced? What changes does divorce bring? How can you cope with divorce? Find the answers to these questions and many more in this book.

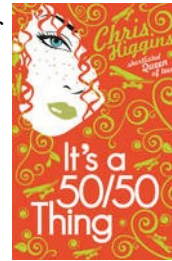
Dizzy by Cathy Cassidy - Dizzy's mum left when she was small. But every year on her birthday something arrives, a card or a present. This year nothing comes in the post, but something amazing arrives on her doorstep.

Family Break-Ups by Sarah Leveté (NF 306.8) - Realistic and down to earth advice about how to cope.

It's a 50/50 Thing by Chris Higgins - With mum on the verge of a breakdown and dad not around, Kally's new life is full of secrets.

My Messed Up Life by Susin Nielsen - Violets parents have split up, her dad's moved to Los Angeles and her mum keeps going out on dates with awful men. It all gets too much so she puts a plan into action to make George Clooney her stepdad. A funny, warm, thoughtful book.

Red Leaves by Sita Brahmachari - Aisha is devastated when her foster mother announces she will be moving on to a new family. Zak is struggling with his parents divorce. Iona's family fell apart long ago and forces her to live on the streets. Their separate lives become entwined.



Split Survival Kit (NF 306.8) - This book is full of tips, tools and practical ideas to help you to get through a family split.

This Northern Sky by Julia Green - A badly ended relationship, a boring holiday on a remote island, with parents who are always fighting, but the islanders greet her with warmth and listen to her. And possibly fall in love with her.....

An Urgent Message of Wowness by Karen McCombie - Heather thinks she has the perfect family, then her father drops a bombshell. Life becomes a little mad.

Sexual Identity

The Art of Being Normal by Lisa Williamson - He has always been an outsider. His parents think he's gay. Only his best friends know the truth. He wants to be a girl.

Black Flamingo by Dean Atta—A boy comes to terms with his identity as a mixed-race gay teen - then at university he finds his wings as a drag artist, The Black Flamingo. A bold story about the power of embracing your uniqueness

Boys Don't Cry by Malorie Blackman - A teenage boy with his life planned out until a knock on the door reveals his baby. His life changes forever, but it brings his gay brother and grieving father closer to him.

Heartstopper by Alice Oseman—Bestselling graphic novel. Boy meets boy. Boys become friends. Boys fall in love.

She He They Them (NF 305.3) - For some people, gender identity is simple, but for others it can be more complex. Find out about terms that may be unfamiliar, such as non-binary and gender-fluid.

More Than This by Patrick Ness - A boy drowns and dies. Then he wakes, naked, bruised and thirsty, but alive. A provocative and moving story.

My Brother's Name is Jessica by John Boyne - Sam Waver has always been a loner: bullied, struggling at school, with parents who have very little time for him. The one person he has always been able to rely on is his older sibling - but when they announce that they are transitioning, Sam's life is thrown upside down. He's convinced nothing will ever be the same again - but as Sam is about to discover, nothing is more constant than love. A moving and heartfelt portrait of one family's journey to acceptance

Noah Can't Even by Simon James Green - A 15-year-old boy struggles with his feelings for his male best friend while his parents' marriage might be over.

Only we Know by Simon Packham - Who is sending this chilling message to Lauren? "Isn't it time your new friends knew about you?" Lauren was hoping moving house would be the opportunity to reinvent herself.

Simon vs Homo Sapiens Agenda by Becky Albertalli - Sixteen and not so openly gay, Simon is being blackmailed. He'll be outed if he doesn't agree to the demands. Worse, the privacy of the boy he's been emailing will be revealed.

The Outrage by William Hussey - Welcome to England, where the Protectorate enforces the Public Good. Here, there are rules for everything - what to eat, what to wear, what to do, what to say, what to read, what to think, who to obey, who to hate, who to love. Your safety is assured, so long as you follow the rules.

Things a Bright Girl Can Do - It's 1914 and women still don't have the vote. Evelyn is rich and clever but will never be allowed to go to university. May campaigns tirelessly for women's votes. She meets Nell and together, in love, they dream of a world for all kinds of women.

Unboxed by Non Pratt - Four teenagers come together after months apart. They have reunited to open the time capsule they put together when their friend was dying. She has now died, secrets are revealed and friendships rekindled.



School Nurse

Teachers

Phone numbers for help

SAMARITANS 116 123

HOPELINE UK 0800 068 4141

CHILDLINE 0800 1111

mycamhschoices.org.uk for info
and short films on mental health
services

Counsellor

NEED MORE
HELP!

A number to text

Chathealth Nurse 07507 332160

Your GP

Websites for info

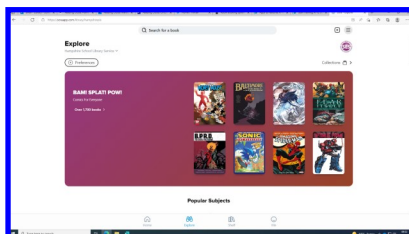
THEMIX.ORG.UK

LIFESIGNS.ORG.UK

YOUNGMINDS.ORG.UK

YOUTH.ANXIETYBC.COM

HAMPSHIRECAMHS.NHS.UK



Ebooks

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your school log in and password.