

Suggested Books to Support Wellbeing and Mental Health Issues

- *Stuff that Sucks: Accepting what You Can't Change and Committing to What You Can* by Ben Sedley (Robinson, Little Brown)
- *Mind Your Head* by James Dawson (Hot Key Books)
- *The Self-Esteem Team's Guide to Sex, Drugs and WTFs!!* By The Self-Esteem Team (John Blake Publishing)
- *Blame My Brain: The Amazing Teenage Brain Revealed* by Nicola Morgan (Walker Books)
- *Quiet the Mind* by Matthew Johnstone (Robinson, Little, Brown)
- *I'll Give You the Sun* by Jandy Nelson (Walker Books)
- *Kite Spirit* by Sita Brahmachari (Macmillan Children's Books)
- *House of Windows* by Alexia Casale (Faber)
- *Every Day* by David Levithan (Electric Monkey, Egmont)
- *Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD* by Patricia Quinn and Judith Stern (Magination Press, American Psychological Association)
- *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic* by Michael Tompkins and Katherine Martinez (Magination Press, American Psychological Association)
- *The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry and Panic* by Jennifer Shannon (New Harbinger Publications, Little, Brown)
- *The Shyness and Social Anxiety Workbook for Teens* by Jennifer Shannon (New Harbinger Publications, Little Brown)
- *The Perks of Being a Wallflower* by Stephen Chbosky (Simon & Schuster)
- *The Reason I Jump* by Naoki Higashida (Sceptre, Hodder)
- *Freaks, Geeks and Asperger Syndrome: A User's Guide to Adolescence* by Luke Jackson (Jessica Kingsley Publishers)
- *The Curious Incident of the Dog in the Night-time* by Mark Haddon (Vintage)
- *Teen Life Confidential: Bullies, Cyberbullies and Frenemies* by Michele Elliott (Wayland, Hachette Children's)
- *Vicious: True Stories by Teens About Bullying* Ed. Hope Vanderberg (Free Spirit Publishing)
- *Banish Your Self-esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-esteem for Young People* by Kate Collins-Donnelly (Jessica Kingsley Publishers)
- *Teen Life Confidential: Self-Esteem and Being You* by Anita Naik (Wayland, Hachette Children's)
- *Face* by Benjamin Zephaniah (Bloomsbury)
- *Am I Depressed and What Can I Do About it?* by Shirley Reynolds and Monika Parkinson (Robinson, Little, Brown)
- *I Had a Black Dog* by Matthew Johnstone (Robinson, Little, Brown)
- *Can I Tell You About Depression?* by Christopher Dowrick and Susan Martin (Jessica Kingsley)
- *Can I Tell You About Eating Disorders?* By Bryan Lask and Lucy Watson (Jessica Kingsley)

- Banish Your Body Image Thief by Kate Collins Donnelly (Jessica Kingsley)
- Tyranny by Lesley Fairfield (Walker Books)
- Don't Let Your Emotions Run Your Life for Teens by Sheri van Dijk (New Harbinger Publications, Little, Brown)
- Touch and Go Joe by Joe Wells (Jessica Kingsley)
- Breaking Free from OCD: A CBT Guide for Young People and their Families by Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner (Jessica Kingsley)
- The Unlikely Hero of Room 13B by Teresa Toten (Walker Books)
- The Truth About Self-harm by Celia Richardson (Mental Health Foundation)
- Fighting Invisible Tigers: A Stress Management Guide for Teens by Earl Hipp (Free Spirit Publishing)
- Teenage Guide to Stress by Nicola Morgan (Walker Books)