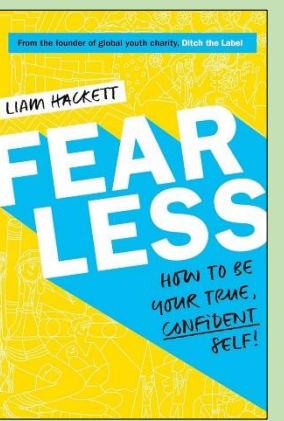
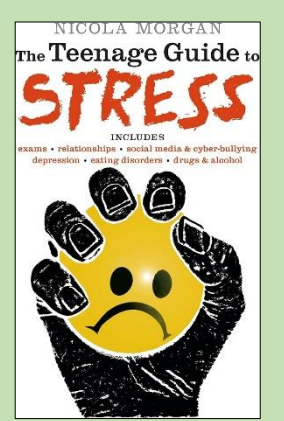
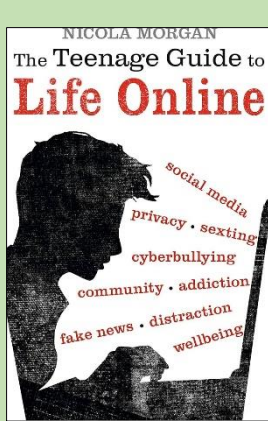
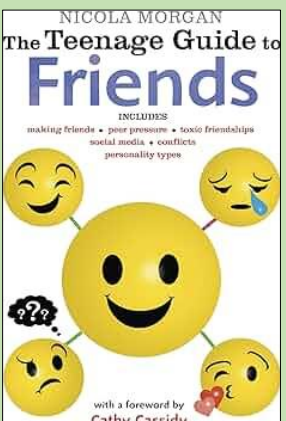
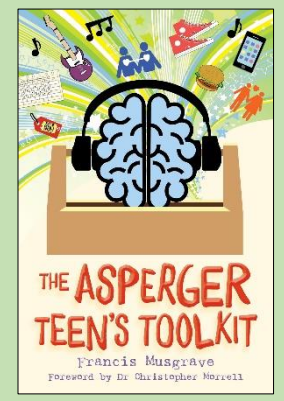
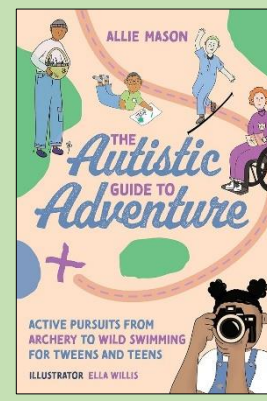
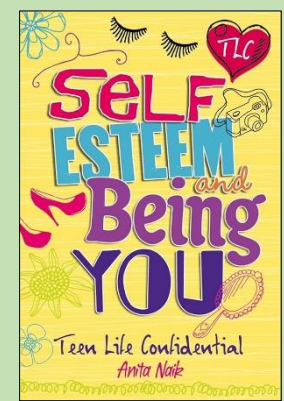
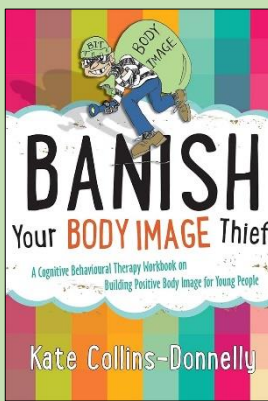
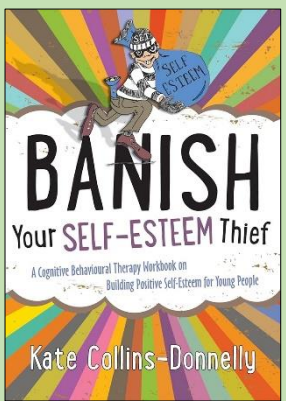
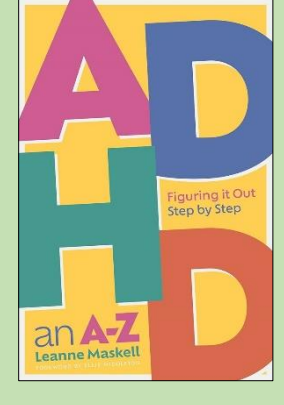
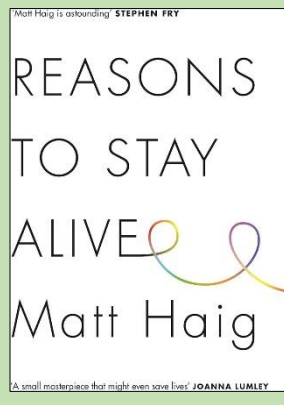
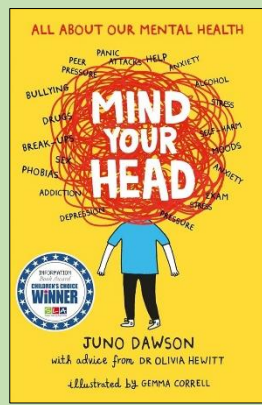
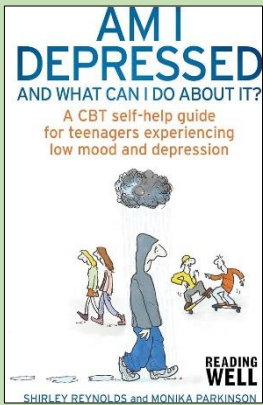
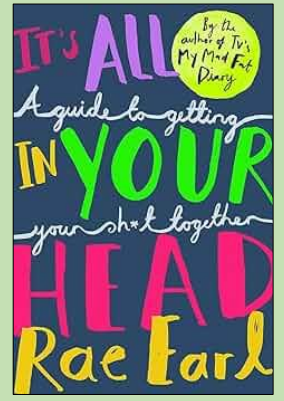
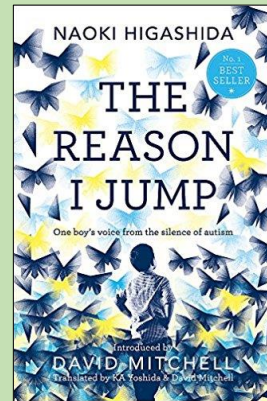
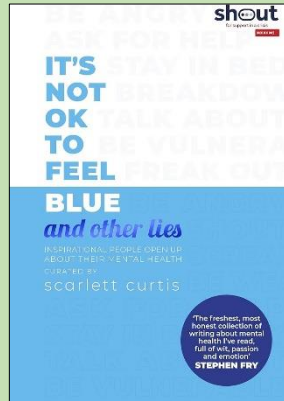
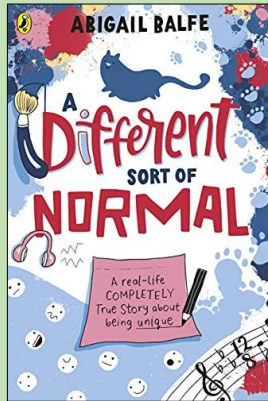
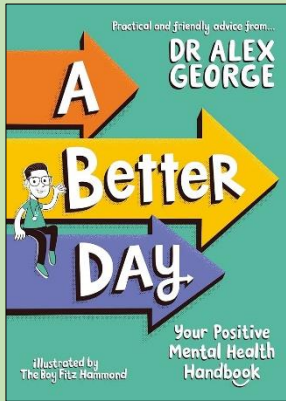


wellbeing



Book Title & Author	Description	Reading Age
A Better Day – Dr Alex George	Peer pressure, exams and online trolls can add to anxiety. But there are ways we can stay on top of our mental health.	11+
A Different Kind of Normal – Abigail Balfe	A true story of one girl's journey growing up autistic and undiagnosed, and the challenges she faced.	11+
It's Not Ok to Feel Blue and Other Lies – Scarlett Curtis	Everyone has a mental health. So we asked: What does yours mean to you? Over 60 famous people have shared their personal, funny and moving stories.	14+
The Reason I Jump - Naoki Higashida	Written by Naoki when he was only thirteen, this book provides insight into his experience of autism.	11+
It's All In Your Head – Rae Earl	This witty, honest guide to the whirrings of your brain is the perfect read for any teen who's ever felt overwhelmed.	12+
Am I Depressed? - Shirley Reynolds	This engaging self-help guide based for young people who experience low mood and depression and their families.	13+
Mind Your Head – Juno Dawson	Covering topics from anxiety and depression to addiction, self-harm and personality disorders, Juno talks clearly and supportively about a range of issues facing young people.	12+
Reasons to Stay Alive – Matt Haig	This is the true story of how Matt came through crisis and triumphed over an illness that almost destroyed him.	15+
How Not to Lose It – Anna Williamson	Exam stress? Friendship issues? Panic attacks? How Not to Lose It will help you be the boss of all of this, and more.	11+
ADHD An A-Z – Leanne Maskell	Tips on how to deal with everything from burnout to time management, finances and relationships.	15+
Banish Your Self-Esteem Thief – Kate Collins-Donnelly	Packed with activities and real-life stories, this workbook will show you what self-esteem is, how it develops, the impact it can have and how all this applies to your own self-esteem.	11+
Banish Your Body Image Thief – Kate Collins-Donnelly	Based on cognitive behavioural and mindfulness principles, it is packed with strategies that will help you change how you think and act in order to build a positive body image.	11+
Self Esteem and Being You – Anita Naik	A guide to help you have the confidence to take risks and live without the need for the approval of others.	12+
The Autistic Guide to Adventure – Allie Mason	Including interviews with autistic athletes, this book will give you the support you need to take on the great outdoors.	11+
The Asperger Teen's Toolkit – Frances Musgrave	It arms teenagers with everything they need to navigate sexuality and relationships, develop a healthy self-image, deal with bullies and stay savvy online.	13+
The Teenage Guide to Friends – Nicola Morgan	This book looks at making friends, keeping friendships strong, and what happens when they break down.	12+
The Teenage Guide to Life Online – Nicola Morgan	Nicola Morgan explores the pros and cons of life in the Digital Age, from the information explosion to the growth of social media.	12+
The Teenage Guide to Stress – Nicola Morgan	Looks at a range of issues including feelings of anger, sadness, changing bodies, self-harm and pressures of exams.	12+
You Are Awesome – Matthew Syed	This empowering guide will help teens build resilience, fulfil their potential and become successful, happy adults.	12+
Fearless – Liam Hackett	Fearless helps you find the confidence to be your true self.	11+