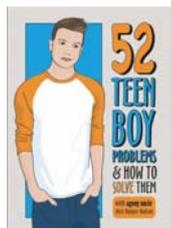


Northfield School Library and Resource Centre

Mental Health & Wellbeing Reading List

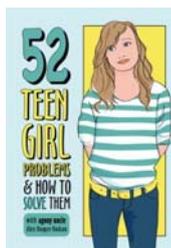
Non-fiction

A selection of non-fiction books with practical advice on dealing with a range of mental health issues. Some of the titles are part of the Reading Well scheme, which is a list 35 books selected by young people and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions



52 Teen Boy Problems and how to solve them. Alex Hooper-Hodson

Agony Uncle, relationship expert, journalist and blogger, Alex Hooper-Hodson received upwards of 2,000 letters a month from teen boys and girls aged 12-15. All can be related to 52 core issues that affect teenage boys and girls today - from dealing with spots, how to avoid Facebook mistakes, how drink, drugs and on-line gaming can affect your life - to the social and emotional aspects of family, friends and relationships. Through a 'Problem Page' format Alex explores the key issues that today's teens face.



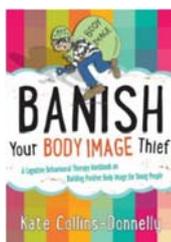
52 Teen Girl Problems and how to solve them. Alex Hooper-Hodson

Agony Uncle, relationship expert, journalist and blogger, Alex Hooper-Hodson received upwards of 2,000 letters a month from teen boys and girls aged 12-15. All can be related to 52 core issues that affect teenage boys and girls today – starting periods, body image worries, dealing with unwanted sexual attention, how to avoid Facebook mistakes, how drink, drugs and on-line gaming can affect your life - to the social and emotional aspects of family, friends and relationships. Through a 'Problem Page' format Alex explores the key issues that today's teens face.



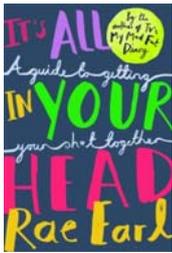
Keep You cool: Deal with life's worries and stress by Dr Aaron Balick

Does life keep making you stressed, worried and unable to achieve what you want? Then this book is for you! Addressing serious issues such as bullying, family strife and exam panics, this title offers support and guidance on how to manage difficult relationships, situations and build self-esteem. Includes a vast selection of exercises to help the reader stay focused and in control, such as yoga, mindfulness, breathing exercises and rationalising activities. Filled with practical activities providing support and guidance, this book will keep you cool, calm and collected in the modern world.



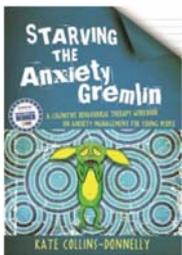
Banish your body image thief by Kate Collins Donnelly

. Watch out - the Body Image Thief is about! He's the sneaky character who keeps stealing your positive body image from your Body Image Vault, leaving only negative thoughts and feelings about your body behind. But don't worry - you can banish him for good and this workbook will show you how! Using a host of activities and real-life stories, this imaginative workbook will look at what body image means, how it develops, the impact it can have and how all this applies to your own body image. Engaging, informative and easy to read, this unique workbook is suitable for young people aged 10+ to work through on their own or with the help of a parent or practitioner.



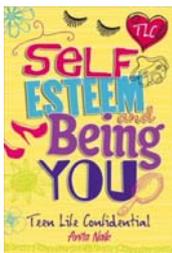
It's All in Your Head by Rae Earl

A comprehensive, positive and wise guide to mental health - a subject that directly affects 1 in 4 of us each year, and indirectly affects millions more. The book aims to take mental health discussions out of the margin and make them mainstream and accessible. Rae Earl, author of My Mad Fat Diary, writes about her own experiences and speaks to teens and young people about theirs. Dr Radha, a GP, mental health expert and co-host of BBC Radio 1's The Surgery acts a consultant, ensuring all advice given is targeted, pitched correctly and medically sound. The result is a warm, readable book that will help teens cope and live with a mental health condition, rather than suffer from one.



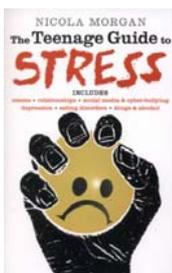
Starving the Anxiety Gremlin by Kate Collins-Donnelly

Starving the Anxiety Gremlin is a unique resource to help young people understand and manage their anxiety.. Covering different types of anxiety such as social anxiety, general anxiety, phobias and performance anxiety, practical tips and engaging activities will help young people stop themselves becoming anxious and manage their anxiety when it occurs. This engaging workbook can be used by young people aged 10+ on their own or with a parent or practitioner.



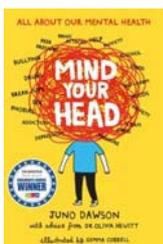
Self Esteem and Being you by Anita Naik

Are you scared to take risks in case you make a fool of yourself? Do you need other people's approval? If someone likes you do you think there must be something wrong with them? Do you hate your body? If you answered yes to any of these questions, this essential guide will help you to turn your opinions around. It will boost yourself esteem and encourage you to believe in who and what you are.



The Teenage Guide to Stress by Nicola Morgan

Being a teenage can be incredibly stressful. The pressures of exams, changing bodies, social media, bullying and relationships can lead to low self-esteem, depression, anxiety and ill health. The Teenage Guide to Stress examines all those problems and more, with great strategies for beating them.



Mind Your Head by Juno Dawson

This is an important book about something that affects everybody - your own mental health, covering everything from exam stress and anxiety through to self-harm, eating disorders, and more. James Dawson's view is that your mental health is just as important as your physical health and that we should be able to talk about it just as much as our own physical health, and without embarrassment. With advice from trained clinical psychologist Dr Olivia Hewitt, this book is the must-have book for teens about their own mental health. It also includes interviews with real-life experiences.

Fiction

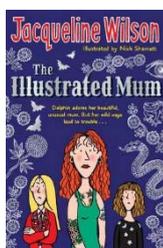
A selection of fiction titles for KS:3 and 4 that acknowledge or explore mental health issues through the story to help to increase awareness of mental health, encourage conversations around the issues, reduce stigma and develop understanding and empathy.

KS:3



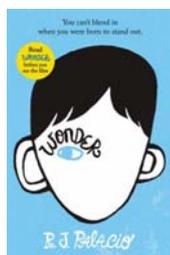
Jessica's Ghost by Andrew Norris (Also available for reading groups)

The power of friendship shines a warm light into dark places. Francis has never had a friend like Jessica before. She makes him feel completely himself. Jessica's never had a friend like Francis before - he's the first person who's ever been able to see her..... Instead of a typical ghost story, this is a beautiful tale of friendship, as Jessica brings together three teens who wouldn't have ever spoken to each other. The book deals with serious issues while retaining a light tone. Endorsed by Amnesty UK, this is the perfect book to open up discussion around mental health in the young.



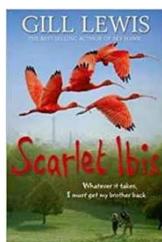
The Illustrated Mum by Jacqueline Wilson

Marigold, the 'illustrated mum' of the title, has elaborate tattoos covering her body from head to toe. Narrated by Dolphin, the youngest of her two daughters, this is a moving, yet unsentimental account of two children coming to terms with their mother's depression, mental instability and alcohol problem. Written with warmth, humour and understanding.



Wonder by R.J. Palacio

My name is August. I won't describe what I look like. Whatever you're thinking, it's probably worse.' Auggie wants to be an ordinary ten-year-old. He does ordinary things - eating ice cream, playing on his Xbox. He feels ordinary - inside. But ordinary aren't stared at wherever they go. Born with a terrible facial abnormality, Auggie has been home-schooled. Now, for the first time, he's being sent to a real school - and he's dreading it. 'Wonder' is a funny, frank, astonishingly moving debut to read in one sitting, pass on to others, and remember long after the final page.



Scarlet Ibis by Gill Lewis

Gill Lewis's novels not only look at the plight of animals, but at the humans who can both endanger and help them. This time her focus is very much on what the natural world can do for vulnerable humans. Scarlet looks after her severely depressed mother, and her autistic-spectrum brother Red, desperate to evade the intervention of their social worker. Red's life revolves around his collection of bird feathers, and the baby pigeon on his windowsill. A fire in their flat splits the family up, until Scarlet uses her ingenuity to reunite it. At times heart-rending, this is a powerful story, which skilfully gains our sympathy for those who are often misjudged, feared and derided by society.

KS:4



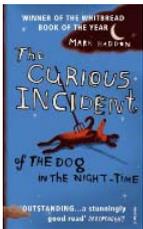
Haunt Me by Liz Kessler

Introverted Erin has just moved to a new house and school - and finds her new bedroom is haunted by teenager Joe. Erin wants to face the future. Joe is desperate to remember his past. Olly only ever lives for today. When love weaves its dangerous magic around their lives, each of them must face their own demons. As the past catches up with them, it comes down to the ultimate question...would you swap love for life itself? With a mature and sensitive approach to bereavement, loss and teen relationships, this proves a thought-provoking read.



Am I normal yet? By Holly Bourne

Sixteen-year-old Evie has made a fresh start. She is at a new college where no one knows that she has a history of OCD and Generalised Anxiety Disorder. Her medication has been reduced and she is meeting new people, going out and making real friends. First and foremost, this is a thoroughly absorbing story about a teenage girl with all the typical preoccupations involving friends, boys and college. The mental health difficulties add a further agonising challenge in Evie's life - and a fascinating dimension to the story, as the helpless reader witnesses a gradual and very painful relapse. Evie's general situation is one to which many will relate, and the author's narrative voice is natural and authentic.



The Curious Incident of the Dog in the Night-time by Mark Haddon

Winner of the Whitbread Book of the Year 'Outstanding...a stunningly good read' Observer the Curious Incident of the Dog in the Night-Time is a murder mystery novel like no other. The detective, and narrator, is Christopher Boone. Christopher is fifteen and has Asperger's Syndrome. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey that will turn his whole world upside down.



So Much to Tell You by John Marsden

Scarred, literally, by her past, Marina has withdrawn into silence. Then, at her new boarding school, she is set the task of writing a diary by her English teacher, and finds a way of expressing her thoughts and feelings and of exploring the traumatic events that have caused her distress. Through Marina's diary, we gain an insight into life on her dormitory, and her difficult relationship with her father, who injured her in an angry moment. Eventually, Marina makes tentative friendships and, in a moving denouement, is reconciled with her father.



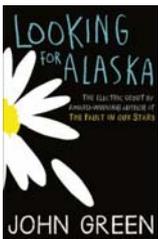
Cold Hands, Warm Heart by Jill Wolfson

Fourteen-year-old Amanda is a competitive gymnast, sleek-muscled and in perfect health. Fifteen-year-old Dani was born with her heart on the wrong side of her body; she has been in and out of hospital all her life. The two girls don't know each other - and never will. Yet their lives are about to collide. Amanda suffers a haematoma - a blood clot - during a gymnastics competition, and dies. The donation of her heart means renewed life for Dani and several other donor recipients. This is a fascinating and unputdownable story on an important and topical issue. 'Cold Hands, Warm Heart' is Jill Wolfson's third book for teenagers. She lives in Santa Cruz, California



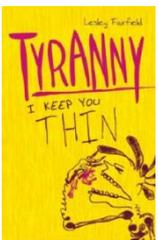
Just Listen by Sarah Dessen

Just Listen is a captivating young adult novel about learning to forgive and forget I'm Annabel. I am the girl who has it all. Model looks, confidence. A great social life. I am one of the lucky ones. Aren't I? My 'best friend' is spreading rumours about me. My family is slowly falling apart. It's turning into a long, lonely summer, full of secrets and silence. However, I've met this guy who won't let me hide away. He is one of those intense types, obsessed with music. He's determined to make me listen. And he's determined to make me smile. But can he help me forget what happened the night everything changed? Sarah Dessen is the author of stunning teen novels: 'The Truth About Forever', 'Along for the Ride', 'Lock and Key', 'That Summer' and 'What Happened to Goodbye'



Looking for Alaska by John Green

The unmissable first novel from bestselling and award-winning author of THE FAULT IN OUR STARS. If people were rain, I was drizzle and she was a hurricane. Miles Halter's whole life has been one big non-event, until he meets Alaska Young. Gorgeous, clever and undoubtedly screwed-up, Alaska draws Miles into her reckless world and irrevocably steals his heart. For Miles, nothing can ever be the same again. 'Looking for Alaska' brilliantly captures the exquisite painful joy of living and loving. Poignant, funny, heart breaking and compelling, this novel will stay with you forever.



Tyranny I keep you thin by Lesley Fairfield

In this stark portrayal of a young woman's struggle with anorexia, Lesley Fairfield draws on her own experiences of an eating disorder to give a powerful and candid story of hope and survival. 'Do I know you?' 'You've always known me, silly... I'm Tyranny, your other self. I keep you thin. ' One day, horrified by her reflection in the mirror, Anna makes a life-changing decision - that food is the enemy. Her obsession with being thin and beautiful will now dominate her every waking and sleeping hour. Should she falter or show any signs of weakness, Tyranny, her inner voice of 'reason' will be only too willing to push her back into line. Years later, when Anna finally finds the strength to defeat her personal demon, it will be a matter of life and death.