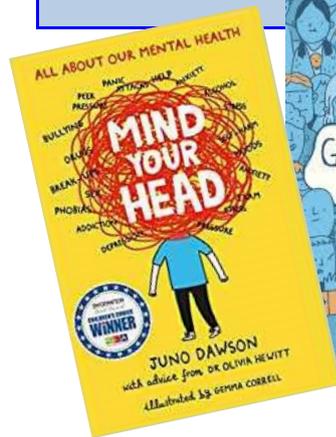
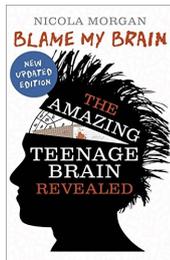


READING FOR YOUR
WELLBEING
BOOK LIST
TITLES AVAILABLE IN
THE LIBRARY



General



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 people's mental health.

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 Sheyah - 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.

Dustbin Baby by Jacqueline Wilson - April started life abandoned in a rubbish bin. Now she's 14 she wants to find out the truth about her history.



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!

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.

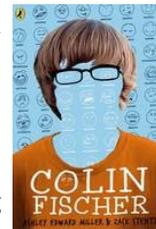
The Perks of Being a Wallflower by Stephen Chbosky - Charlie is shy, introspective and intelligent beyond his years. He stands on the fringes of life, but can't stay there forever!



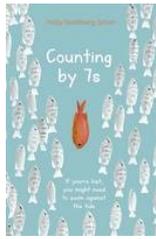
Autism Spectrum Disorder

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.

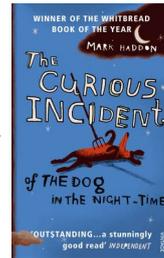


Colin Fischer by Ashley Edward Miller - Colin is 14 and has Asperger's. The world is a mystery to him. He can't read his classmates expressions and he has no idea why his parents hug him. But when a gun goes off in school one lunchtime, he knows he can work out who did it. His hero is Sherlock Holmes!



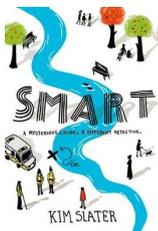
Counting by 7s by Holly Sloan Goldberg - Willow is a 12 year old genius, obsessed by diagnosing medical conditions and finds comfort in counting by 7s. It has never been easy for her to connect with her adoptive parents, then suddenly they are killed in a car crash. Her journey to find a surrogate family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

The Curious Incident of the Dog in the Night-Time 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.

How to Fly with Broken Wings by Jane Elson - 12 year old Willem has AS and two main aims in life: to fly and to make at least two friends of his own age. He's bullied into jumping off a wall and breaks his ankle. Sasha sees what happens and they form an unlikely friendship. She wants to fly as well. Will Magic Man Archie find a way to make it happen? A charming tale about overcoming obstacles and finding friendship in unlikely places.



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

All the Bright Places by Jennifer Niven - the story of a girl who learns to live from a boy who wants to die.

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.



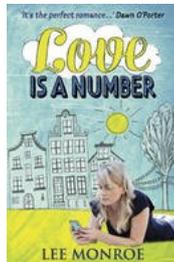
Dandelion Clocks by Rebecca Westcott Smith - we know that something terrible is going to happen. The clues are there. The short temper, the hushed whispers and the shopping for a bra, that Liv doesn't need yet.

Deeper than Blue by Jill Hucklesby - Amy is 13, and the fastest swimmer in the county. She thinks her best friends will always be there no matter what. When her life takes a dramatic tumble-turn one day, she doesn't know what to think or believe any longer.

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.

Life on the Refrigerator Door by Alice Kuipers - Claire and her mum share the same house, but their lives are separate. One thing they have in common is the fridge, where they leave notes for each other. Then one day Claire finds a note that is different from all the others.

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

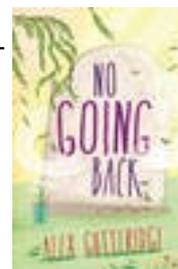


Love is a Number by Lee Monroe - Eloise is Wrecked when her boyfriend dies. Desperate and confused she begins to text his phone. Never expecting to get a reply

Love, Aubrey by Suzanne LaFleur - Something heart breaking has happened and Aubrey is on her own. It's fun at first, but she's only 11. With the love of her grandmother and the letters she writes can Aubrey begin to see that all is not lost.

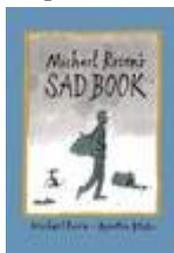
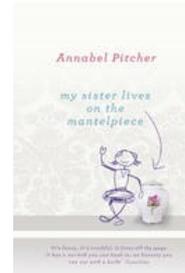
A Monster Calls by Patrick Ness - Connor has the same dream every night, ever since his mum first fell ill. But tonight is different. There's a visitor at the window.

No Going Back by Alex Gutteridge - Laura gets the shock her life when she moves in with her grandmother and finds the ghost of her dead father in the house. Why is her father finding it difficult to move on and why won't her mother talk about his death?



of

My Sister Lives on the Mantelpiece 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.

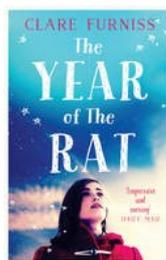
Seasons of Secrets by Sally Nicholls - A story about a broken-hearted child, who is sent to live with her grandparents while her father Sorts Things Out at home. A story of love, healing and strange magic.

See You at Harry's by Jo Knowle - their 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 mum's disappearance.

White Crow by Marcus Sedgewick - When city girl Rebecca steps into the quiet streets of Winterfold that relentlessly hot summer her uneasy friendship with strange, elfin Fereelith sets in motion a shocking chain of events.

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



Body Image and Eating

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.

Only Ever Yours by Louise O'Neill - They've been best friends all their lives and now in their final year at school they are expected to be either wives to wealthy business men or have a life as a concubine. The pressure becomes too much for Isobel and she starts to self-destruct, putting her beauty, her only asset in peril.

Summer That Changed Everything by Ann Brashares - Polly, Jo and Ama were best friends. Now their friendship has faded and they face a long summer without each other. But this will be the summer that changes everything.



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 spiraling out of control. The more she tries to find perfection, the more lost she becomes.

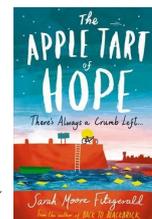
Wishbones by Virginia MacGregor - Feather wants two things - to get her mum healthy again as she is the most obese woman in Britain and to win the junior UK Swimming championships.

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 disorder.

Bullying



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.



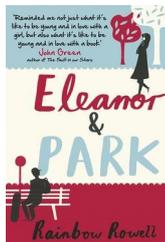
Between the Lies by Cathy MacPhail - Judith suddenly disappears. She hasn't been on line and nobody has heard from her. Until, Abbie, a school nobody, receives a message! "I want to come home." Who can find the truth between the lies?

The Bone Dragon by Alexia Casale - Evie refuses to talk about her operation. It would hurt too much. What helps is the dragon she carves from the rib her doctors removed. He comes alive at night and begins to make her heal.

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 - 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.



Eleanor and Park by Rainbow Rowell - Set over the course of a year in 1986, Eleanor and Park is funny, sad, shocking and true - an exquisite nostalgia trip for anyone who has never forgotten their first love.

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.

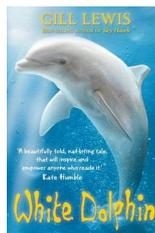


How to be Invisible by Tim Lott - It was the 13th September, 13 days after my birthday, when I first learned how to be invisible. Strato is the odd one out. He's the only black kid in school, he knows more about particle physics than his teacher and he's constantly picked on by the school bully. A dusty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

Web by Alison Prince - A dyslexia friendly book about Max and Tim. Max helps tim with his homework and tim thinks he is a good friend, then Max starts asking for money!

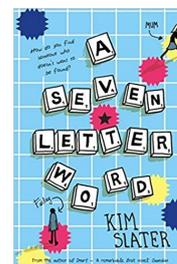


Why Me? By Pete Guppy - An easy read, about a new school, a group of bullies and how Wayne copes.

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 Sophie 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-stutterer. Moving and compelling.



Confidence and Self-Esteem

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.

Ghost's Child by Sonya Hartnett - An enchanting fable about the worth of life and the power of love.

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.

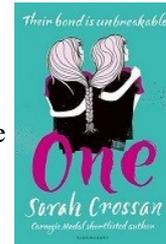
Self-Esteem by Julian Powell (NF 616.8) - What should I eat? What will happen if I take drugs? How should I exercise? This book will give you the facts about these questions and more, so you can make informed choices for yourself.

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.



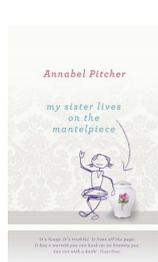
What I Was by Meg Rosoff - Is it third time lucky? She is at her third boarding school. A fisherman's hut with roaring fires, blankets and a sea monster. And most importantly Finn. Without St Oswald's she wouldn't have found the hut or have met Finn.

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



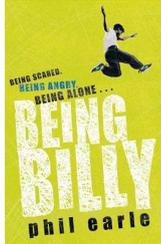
Depression/Low Mood

Broken Soup by Jenny Valentine - The catastrophic grief of a family two years after the death of 16 year old Jack, is told in this story. The mothers depression and the fathers withdrawal and absence. But Rowan is surviving by coping and caring for her 6 year old sister.



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.



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, its up to Sonny to hold things together.

Family Break Up

Along for the Ride by Sarah Dessen - Auden has always felt like the odd one out. She's shied away, studied a lot and stayed out of the party scene since the divorce. Realising there must be something more, she changes everything. Moving in with her dad she discovers beach parties, food fights and just having fun.

Being Bindy by Alyssa Brugman - What happens when your worst friend, who used to be your best friend, turns out to be your sister.

Catcall by Linda Newbery - Josh's family are used to changes, but now they are hurtling into even more.

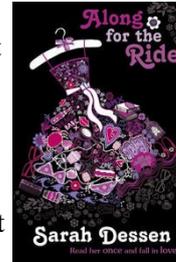
Coping with Absent Parents by Mary Colson (NF 306.8) - Why do parents sometimes need to work far from home? Who can help when your parents are separating? This book will help you learn the truth about difficult topics.

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.

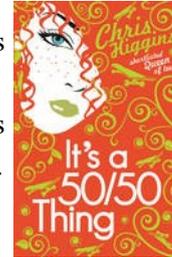
Dizzy by Cathy Cassidy - Dizzy's mum left when she was small. But every year on her birthday something arrives, a card or a present. This year nothing comes in the post, but something amazing arrives on her doorstep.

Drawing with Light by Julia Green - Everything is changing. Her older sister is starting university. Dad is starting a new relationship. So Emily starts to think about the mother who left when she was a baby.

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



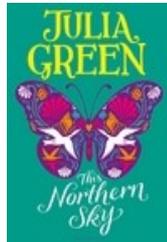
It's a 50/50 Thing by Chris Higgins - With mum on the verge of a breakdown and dad not around, Kally's new life is full of secrets.



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 step-dad. 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.

Secrets of Love by Rosie Rushton - Tackling teenage problems, with humour and compassion. Unflinchingly and believably confronts the issues which are at the heart of teenage malaise.



Summer's Dream by Cathy Cassidy - This is a book for anyone who dreams big and loves to dance. For anyone who has pushed themselves too far and has looked in the mirror and not liked what they saw there.

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.

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.

Sexual Identity

Alex as Well by Alyssa Brugman - This book explores the teenage world of identity, gender, sexuality and relationships, and what happens when one decision changes everything.

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.

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.

If You Could be Mine by Sara Farizan - The forbidden romance could cost them their lives. Sahir and Nasrim have been in love since they were little. Iran is a dangerous place for two girls in love - they could be beaten, imprisoned, even executed. A drastic, but legal solution is their only way of being together.

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.

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.

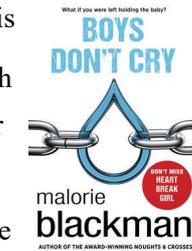


Simon vs Homo Sapiens Agenda by Becky Albertalli - Sixteen and not so openly gay, Simon is being blackmailed. He'll be outed if he doesn't agree to the demands. Worse, the privacy of the boy he's been emailing will be revealed.

Skylarks by Karen Gregory - Joni keeps her head down and it's helped her through some bad times. Dad's got a bad back and they could lose their house. Then rich, privileged Annabel enters her life. Love can defy difference.

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