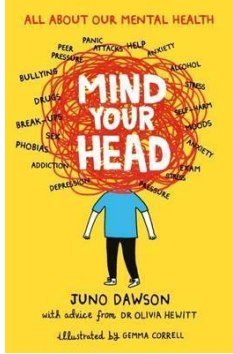
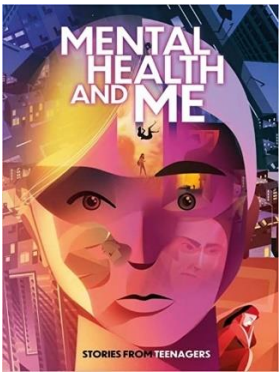
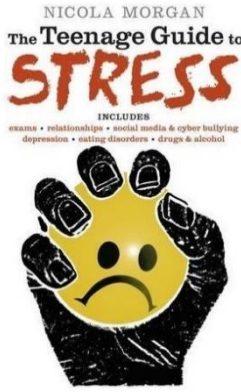
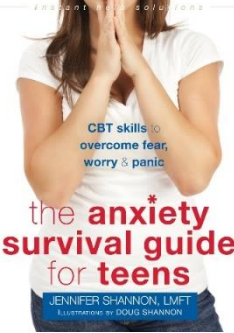


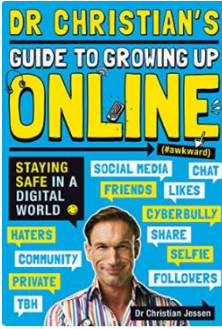
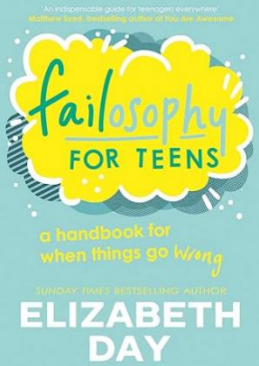
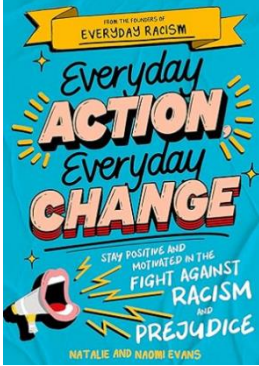
Mental Health Reading List

All of these books are available in the school library.

		Find in:
	<p>Mind Your Head by Juno Dawson</p> <p>It's easier to talk about some medical problems than others, but perhaps the hardest of all to talk about are mental illnesses. In this clear and supportive guide to young people's mental health, Juno Dawson discusses a range of issues with clinical psychologist, Dr Olivia Hewitt. This book covers topics from anxiety and depression to addiction, self-harm and personality disorders.</p>	<p>Society and Mental Health</p>
	<p>Mental Health and Me by Salvador Maldonado and Andy Glynn</p> <p>This graphic-novel style book brings together seven powerful real-life stories of teenage mental health struggles, from anxiety to addiction. Each story includes positive steps that can be taken to help manage mental health issues.</p>	<p>Society and Mental Health</p>
	<p>The Teenage Guide to Stress by Nicola Morgan</p> <p>Being a teenager 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. This book examines all these problems and more, with great strategies for beating them.</p>	<p>Society and Mental Health</p>

	<p>Am I depressed and what can I do about it? by Shirley Reynolds and Monika Parkinson</p> <p>This book is a CBT self-help guide designed for teenagers experiencing low mood and depression. It includes case studies you can relate to, interactive exercises to help you day by day and guidance on where to go for extra help.</p>	<p>Society and Mental Health</p>
	<p>Marcus Rashford – You are a Champion</p> <p><i>You Are a Champion</i> is packed full of stories from Marcus’s own life and top-tips from performance psychologist Katie Warriner. It will show you how to be the very BEST that you can be.</p>	<p>Society and Mental Health</p>
	<p>The Anxiety Survival Guide for Teens by Jennifer Shannon</p> <p>Anxiety can make challenges such as making friends, dating and getting good grades even more difficult. This survival guide will break you free of your fears, with practical and simple strategies to help cope with situations that previously caused you to feel anxious or worried.</p>	<p>Society and Mental Health</p>
	<p>Why We Worry – The Science of Anxiety by Melissa Mayer</p> <p>Can’t sleep? Too many things to worry about? After reading this guide to the science behind worrying, you’ll understand what’s really going on in your brain. You’ll find out how anxiety can sometimes be a superpower, but also when and how to reach out for help.</p>	<p>Society and Mental Health</p>
	<p>Wired Differently by Joe Wells</p> <p>This collection celebrates the lives of influential neurodivergent figures who have achieved amazing things in recent times. From YouTubers and poets to politicians and DJs, this book tells the stories of 30 incredible people and their exciting careers paths.</p>	<p>Society and Mental Health</p>

	<p>Stuff That Sucks by Ben Sedley</p> <p>Everyone has thoughts that are painful at times, but having these types of feelings doesn't mean there is something wrong with you. This book can help you deal with the 'stuff that sucks' by helping you to accept your thoughts and emotions instead of struggling against them. You'll have more energy to focus on things you can control, the things that matter.</p>	<p>Society and Mental Health</p>
	<p>The 7-day Self-Esteem Super-Booster by J. Alexander</p> <p>If you've got low self-esteem, try the activities in this book to help you build your confidence and believe in yourself!</p>	<p>Society and Mental Health</p>
	<p>Main Character Energy by Jordan Paramour</p> <p>This book has plenty of tips on self-care – how to look after your emotions, put life's problems in perspective and enjoy becoming your true self.</p>	<p>Society and Mental Health</p>
	<p>Marcus Rashford: You Can Do It</p> <p>Packed with more inspiring stories from Marcus' own life, brilliant advice, and top tips from social justice educator Shannon Weber, this book will show you how to use your voice and make a difference in this world.</p>	<p>Society and Mental Health</p>
	<p>Silence is NEVER an option – find your voice and be your best self by Stuart Lawrence</p> <p>From role models to self-control, failure to imagination, Stuart's aim with this book is to use his own experience to help young people – to help all people – harness the good in themselves and in the world around them, using that fire of positivity to create change in their lives.</p>	<p>Society and Mental Health</p>

	<p>Dr Christian's Guide to Growing Up Online</p> <p>From cyberbullying to binge-watching TV, from group chats to your digital footprint, this book contains REAL answers to REAL questions.</p> <p>Perfect for children and parents alike!</p>	<p>Society and Mental Health</p>
	<p>Failosophy For Teens by Elizabeth Day</p> <p><i>Failosophy For Teens</i> is an inspiring and empowering guide to those moments when life doesn't go to plan. Using personal experience and stories shared by guests on her award-winning podcast, <i>How to Fail</i>, Elizabeth's book is full of creative and inspiring advice on how to:</p> <ul style="list-style-type: none"> - talk openly about failure - turn failure into success - build resilience for when life sends you curveballs - reframe negative thoughts about yourself <p>... and much more!</p>	<p>Society and Mental Health</p>
	<p>Everyday Action Everyday Change by Natalie and Naomi Evans</p> <p>In this inspiring guide, changemakers, sisters and founders of Everyday Racism, Natalie and Naomi Evans, give readers empowering advice for dealing with the issues we see, hear about and face every day, from racism and sexism to homophobia and ableism, providing you with achievable everyday actions to create change!</p>	<p>Society and Mental Health</p>