

# Shelf Help



## Recommended Reading from the School Library on Well-Being and Mental Health

### Categories:

J=Junior Fiction S=Senior Fiction (14+) A= Autobiography N=Non -fiction

G=Graphic Novel

### Anger Management

Downham, Jenny	Furious Thing	J
Lawrence, Patrice	Needle	J
Henry, Rebecca	The Sound of Everything	J

### Anxiety, Self -Esteem, and Stress, PTSD

Barnard, Sara	Beautiful Broken Things	J
Britt/ Arsenault	Jane, the Fox and Me (graphic novel)	J
Casale, Alexia	The Bone Dragon	J
Chbosky, Stephen	The Perks of Being a Wallflower	S
Collins-Donnelly, K	Starving the Anxiety Gremlin	N
Collins-Donnelly, K	Banish Your Self-Esteem Thief	N
Collins-Donnelly, K	Banish Your Body Image Thief	N
Cottrill, Jo	Jelly	J
Cottrill, Jo	Stage Fright (easy read)	J
Dawson, Juno	Mind Your Head	N
Devon, Natasha	Toxic	J
Earl, Rae	It's all in your Head	N

Emmich, Val	Dear Evan Hansen	J
Getten, Kerren	When Life Gives You Mangoes	J
Hale, Shannon	Real Friends (and sequels) (graphic novels)	J
Hipp, Earl	Fighting Invisible Tigers - stress management for teens	N
Huebner, Dawn	Outsmarting Worry	N
Kinsella, Sophie	Finding Audrey	J
Meddings, Lize	The Sad Ghost Club (and sequels) (graphic novels)	J
Morgan, Eleanor	Anxiety for Beginners	N
Morgan, Nicola	The Teenage Guide to Stress	N
Morgan, Nicola	Blame my Brain	N
Naik, Anita	Self Esteem and Being You	N
Nielsen, Susin	Optimists Die First	J
Rowell, Rainbow	Fangirl	J
Shannon, Jennifer	The Anxiety Survival Guide for Teens	N
Smith, Niki	The Golden Hour	G
Stead, Rebecca	The List of Things that will not Change	J
Telgemeier, Raina	Guts (graphic novel)	J

## Autistic Spectrum

Balfe, Abigail	A Different Sort of Normal	N
Balen, Katya	October, October	J
Baron-Cohen, S	Autism and Asperger Syndrome	N
Burgess, Rebecca	Speak Up! (graphic novel)	J
Casale, Alexia	The House of Windows	J
Critchley, Emma	Notes on My Family	J

Dooley, Aoife	Frankie's World (graphic novel)	J
Dowd, Siobhan	The London Eye Mystery	J
Elkins, Erin	Queerly Autistic - the ultimate guide for LGBTQIA+ teens on the spectrum	N
Erskine, Kathryn	Mockingbird	J
Haddon, Mark	The curious incident of the dog in the night-time	J
Higashida, Naoki	The Reason I Jump	N
Jackson, Luke	Freaks, Geeks and Asperger Syndrome	N
Lucas, Rachael	The State of Grace	J
McAnulty, Dara	Diary of a Young Naturalist	A
McNicoll, Elle	A Kind of Spark	J
Nichols, Shana et al	Girls Growing Up on the Autism Spectrum	N
Packham, Chris	Fingers in the Sparkle Jar	A
Picoult, Jodi	House Rules	S
Scott, L/Westcott, R	Can You See Me? (and sequels)	J
Silberman, Steve	Neurotribes	N
Slater, Kim	Smart	J
Sloan, Holly G	Counting by 7s	J

## **Bereavement, Grief and Terminal Illness**

Ainsworth, Eve	Tender	J
Avery, Lara	The Memory Book	J
Benwell, Sarah	The Last Leaves Falling	J
Blackman, Malorie	The Pig-Heart boy	J

Brahmachari, Sita	Kite Spirit	J
Bryce, Celia	Anthem for Jackson Dawes	J
Coelho, Joseph	The Girl who Became a Tree	J
Creech, Sharon	Walk Two Moons	J
Downham, Jenny	Before I Die	J
Farrant, Nastasha	After Iris	J
Foxlee, Karen	Lenny's Book of Everything	J
Feder, Tyler	Dancing at the Pity Party (graphic novel)	N
Furniss, Claire	The Year of the Rat	J
Getten, Kereen	If you read this	J
Green, John	The Fault in Our Stars	J
Kuipers, Alice	Life on the Refrigerator Door	J
Lal, Tara J	Standing on My Brother's Shoulders	N
Man, Manjeet	The Crossing	J
Nelson, Jandy	The Sky is Everywhere	J
Ness, Patrick	A Monster Calls	J
Pitcher, Annabel	My Sister Lives on the Mantelpiece	J
Rentzenbrink, C	A Manual for Heartache	N
Zevin, Gabrielle	Elsewhere	J

## Bipolar Disorder

Bourne, Holly	Are we all Lemmings and Snowflakes?	J
Bowles, Anna	Rapids	J
Brown, Susan T	Hugging the Rock	J
Chim, Wai	The Surprising Power of a Good Dumpling	J
Dhami, Narinder	Bang, Bang, You're Dead	J

Forney, Ellen	Marbles - a Graphic Memoir	N
Niven, Jenny	All the Bright Places	J
Hargrave, Kiran M	Julia and the Shark	J
Wilson, Jacqueline	The Illustrated Mum	J
<b>Bullying (including Cyber -Bullying )</b>		
Ainsworth, Eve	Seven Days	J
Bathie, Holly	Social Media Survival Guide	N
Bates, Laura	The Burning	J
Bourne, Holly	The Yearbook	J
Cheung, Sue	Chinglish	J
Cuthew, Lucy	Blood moon	J
Earle, Phil	The Bubble Wrap Boy	J
Elliott, Michelle	Bullies, Cyber-Bullies and Frenemies	N
Golding, William	The Lord of the Flies	S
Harrell, Rob	Wink	J
Hackett, Liam	Fearless - How to be Your True, Confident Self	N
Hines, Barry	A Kestrel for a Knave (also known as Kes)	S
Jessen, Dr Christian	Dr Christian's guide to growing up online	N
Mathieu, Jennifer	The Truth About Alice	J
McKay, Hilary	Binny Keeps a Secret	J
McGowan, Anthony	I am the Minotaur	J
McKenzie, Sophie	Sweet Freak	J
Morgan, Nicola	The Teenage Guide to Life Online	N
Nielsen, Susin	We are all Made of Molecules	J
Norriss, Andrew	Jessica's Ghost	J

Palacio, R J	Wonder	J
Rahman, Yasmin	This is My Truth	J
Schmidt, Gary D	Orbiting Jupiter	J
Slater, Kim	A Seven Letter Word	J
Winter, Tamsin	Girl (in Real Life)	J
Wolk, Lauren	Wolf Hollow	J
Yoshitoki, O	A Silent Voice (graphic novel series)	

## Depression

Breel, Kevin	Boy Meets Depression	N
Bridge, Frankie	Open - why asking for help can save your life	N
Dowrick/Martin	Can I Tell you about Depression	N
Gliori, Debi	Night Shift	N
Kelly, Rachel	Black Rainbow	N
Monaque, Mathilde	Trouble in My Head	N
Moshfegh, Ottessa	My year of Rest and Relaxation	S
Plath, Sylvia	The Bell Jar	S
Reynolds/Parkinson	Am I Depressed and What can I do about it?	N
Vizzini, Ned	It's Kind of a Funny Story	J

## Body Image and Eating Disorders

Anderson, Laurie H	Wintergirls	J
Atwood, Margaret	The Edible Woman	S
Barter, Constance	Mealtimes and Milestones	N
Cottrill, Jo	Eat Cake and Run (easy read)	J

Dockrill, Laura	Big Bones	J
Elliott, Rebecca	Pretty Funny	J
Fairfield, Lesley	Tyranny (graphic novel)	N
Halban, Emily	Perfect - Anorexia and Me	N
Haston, Meg	Paper Weight	J
Hennessy, Claire	Nothing Tastes as Good	J
Howard, Charli	Misfit	N
Knightsmith, Pooky	Eating Disorders Pocketbook	N
Price, Nora	Zoe Letting Go	J
Lask/Watson	Can I tell you about Eating Disorders	N
Reid, Louisa	Gloves Off	J
Steven, Laura	Every Exquisite Thing	J
Tucker, Nancy	The Time in Between	N
Valenzuela, Ali	Weighing it up	N
Winter, Tamsin	Jemma Small v The Universe	J
Woolf, Emma	An Apple a Day	N

## Hyperkinetic Disorders / ADHD / ADD

Quinn, P / Stern, M	Putting on the Brakes - understanding and taking control of your ADD or ADHD	N
Riordan, Rick	Percy Jackson and the Lightning Thief (and series)	J
Selikowitz, Mark	ADHD: the facts	N
Sutcliffe, William	Concentr8	J

## OCD and Phobias

Adam, David	The Man who Couldn't Stop Washing	N
Bourne, Holly	Am I Normal Yet?	J
Curtis, Vanessa	Zelah Green, Queen of Clean (and sequels)	J
Derisley, Jo et al	Breaking Free From OCD	N
Dhami, Narinder	13 Hours	J
Earl, Rae	It's All in your Head	N
Gornall, Louise	Under Rose-Tainted Skies	J
Green, John	Turtles all the way down	J
Maudsley Hospital	Appearance Anxiety	N
Ness, Philip	The Rest of us Just Live Here	J
Thompson, Lisa	The Goldfish Boy	J
Toten, Teresa	The Unlikely Hero of Room 13B	J
Williamson, Lisa	Paper Avalanche	J

## Schizophrenia / Psychosis

Filer, Nathan	The Shock of the Fall	S
Frame, Janet	An Angel at my Table	A
Hearn, Julie	Rowan the Strange	J
Hood, Kim	Finding a Voice	J
Lake, Nick	Whisper to Me	J
Longworth, R & G	When You Lose it	N
Smith-Barton	The Million Pieces of Neena Gill	J

## Selective Mutism

Anderson, Laurie H	Speak	J
--------------------	-------	---

Barnard, Sara	A Quiet Kind of Thunder	J
Benjamin, Ali	The Thing About Jellyfish	J
Jarratt, Laura	Louder than Words	J
Pitcher, Annabel	Silence is Goldfish	J
Smy, Pam	Thornhill	J
Winter, Tamsin	Being Miss Nobody	J

## Self-Harm and Suicide

Ainsworth, Eve	Damage	J
Barnard, Sara	Where the light goes	J
Bourne, Holly	The Manifesto on How to be Interesting	J
Cottrill, Jo	All Too Much (easy read)	J
Earle, Phil	Saving Daisy	J
Glasgow, Kathleen	Girl in Pieces	J
Jawando, Danielle	And the Stars were Burning Brightly	J
Rahman, Yasmin	All the Things We Never Said	J
Scott, Celan	On a Scale of One to Ten	J

## Well-being and Happiness

Burnett, Dean	Why Your Parents are Driving You up the Wall and what to do about it.	N
Cummings-Quarry/ Carter	Grown - the Black Girls' Guide to Glowing Up	N
Curham, Siobhan	True Face - be real, be fearless be you	N
Fletcher, Carrie Hope	All I Know now - wonderings and reflections on growing up gracefully	N
Hackett, Liam	Fearless	N

Humble the Poet	Unlearn: 1010 Simple Truths for a Better Life	N
Johnstone, Matthew	Quiet on the Mind - an illustrated guide on how to meditate	N
Kelly, Rachel	Walking on Sunshine - 52 small steps to happiness	N
Long, Hayley	Being a Girl	N
Morgan, Nicola	Positively Teenage	N
Morgan, Nicola	The Teenage Guide to Friends	N
Morgan, Nicola	Be Resilient - how to build a strong teenage mind for tough times	N
Naik, Anita	How to be a Girl	N
Rashford, Marcus	You are a Champion - how to be the best you can be	N
Sedley, Ben	Stuff that Sucks - accepting what you can't change and committing to what you can	N
Syed, Matthew	Dare to be You	N
Williams, Dr Zoe	You grow girl! - the complete no worries guide to growing up	N