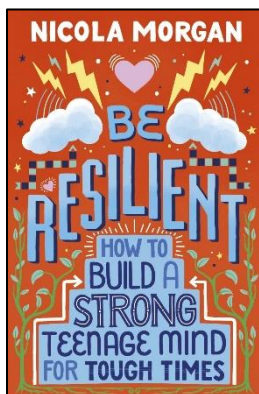


# Children's Mental Health week

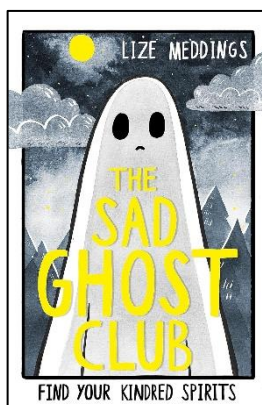
5<sup>th</sup> – 11<sup>th</sup> February 2024

We believe that books are a great way to raise awareness and improve understanding of different experiences. Below are some recommended fiction and non-fiction books that deal with the subject of mental health, all available to borrow from the library.



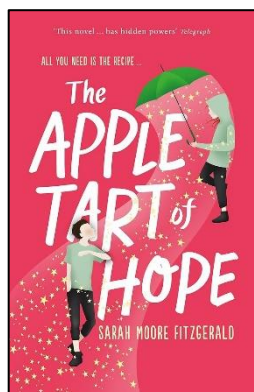
## **BE RESILIENT**

Some events in life will always be out of our control, whether it's a global crisis or a traumatic event at home – but Be Resilient shows that the power to cope is in our hands. Discover how to develop the skill of mental resilience by building a support network and finding positive, practical advice for preparing for, coping with and bouncing back from the toughest of times.



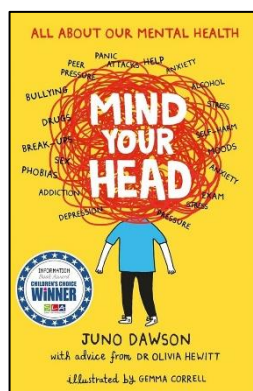
## **The Sad Ghost Club**

This is the story of one of those days - a day so bad you can barely get out of bed, when it's a struggle to leave the house, and when you do, you wish you hadn't. But even the worst of days can surprise you. When one sad ghost, alone at a crowded party, spies another sad ghost across the room, they decide to leave together. What happens next changes everything.



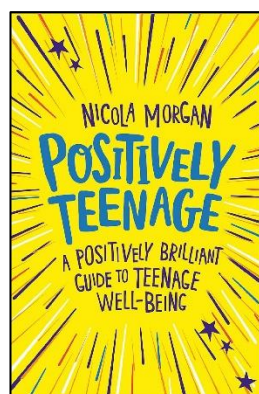
## **The Apple Tart of Hope**

The Apple Tart of Hope follows the story of best friends Oscar and Meg. Oscar makes the best apple tarts in the world, and after eating these magical creations everyone realises that their life is going to be okay. But then it all goes wrong.



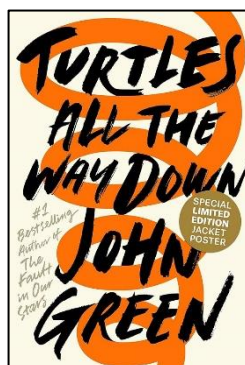
## **Mind your head by Juno Dawson**

Packed with practical advice, guidance from clinical psychologist Dr Olivia Hewitt and some humorous reassurance, Mind your Head supports teenagers to understand a range of conditions from anxiety to personality disorders, as well as being straight-talking about body image, relationships, drugs and alcohol misuse



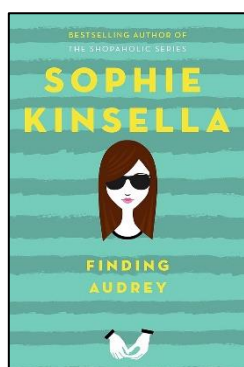
## **Positively Teenage**

Full of practical, proven strategies for physical and mental health, Positively Teenage will show you lots of ways to flourish physically and mentally - from doing things you enjoy to learning new skills; looking after your diet, exercise and attitude to being healthy online; getting great sleep to understanding your personality - allowing you to take control of many areas of your life.



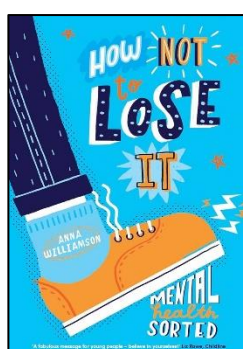
## **Turtles all the way down 13+**

Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts. *Turtles All the Way Down* is an intimate portrait of what it's like to live with anxiety.



## **Finding Audrey 13+**

Audrey is a teenage girl suffering from Social Anxiety Disorder. She has experienced bullying, and as a result has become virtually a prisoner in her own home. This is the story of her journey to recovery, with the help of a boy named Linus. It's sad in places, but funny and romantic



## **How not to lose it**

The go-to mental health guide for kids from expert Anna Williamson - therapist, Childline counsellor and ambassador for Mind and The Prince's Trust. Exam stress? Friendship issues? Panic attacks? How Not to Lose It will help you be the boss of all of this, and more.