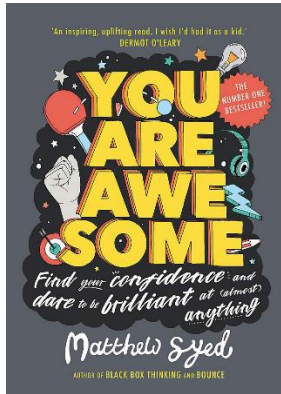




Children's Mental Health Week

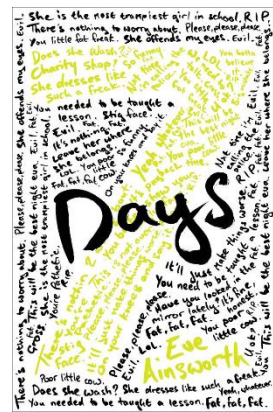
1st – 7th February 2021

Some recommended fiction and non-fiction that deal with the subject of mental health



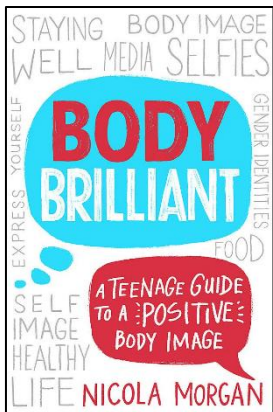
You are awesome by Matthew Syed 12+

This positive and empowering guide, by bestselling mindset author Matthew Syed, will help boys and girls build resilience, fulfil their potential and become successful, happy, awesome adults.



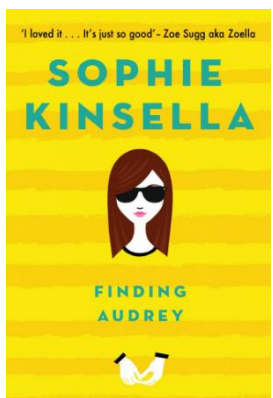
7 days by Eve Ainsworth 12+

School should be a safe place for Jess, a refuge from her difficult home life - but thanks to Kez and her friends, it's everything she dreads. Despite being beautiful and popular, Kez's life isn't any sweeter. She clings to the fact she is better off than Jess - or so she thinks...



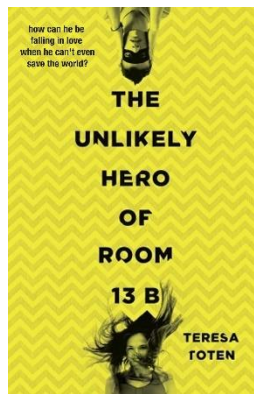
Body Brilliant by Nicola Morgan

From teenage expert Nicola Morgan, this book addresses the body issues that nearly everyone worries about at some point in their lives and gives practical and mindful solutions to work through worries, using real-life examples, quotes and anecdotes from young adults interviewed especially for this book.



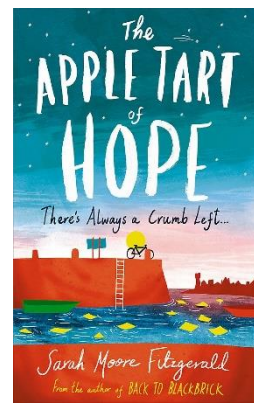
Finding Audrey by Sophie Kinsella 13+

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 too.



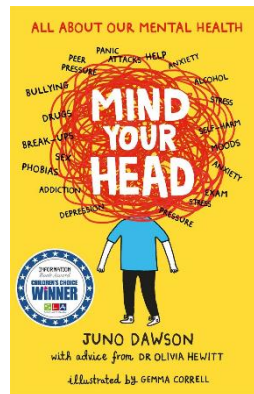
The unlikely hero of room 13B by Teresa Toten 13+

Teresa Toten has written a beautiful book which lovers of John Green are sure to enjoy. The reader experiences life through the eyes of Adam who is battling with OCD as well as encountering many of the other challenges teenagers as they move towards adulthood.



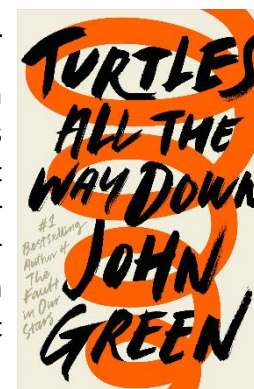
The Apple Tart of Hope by Sarah Moore Fitzgerald 11+

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



Turtles all the way down by John Green 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.