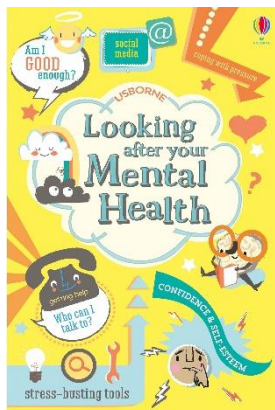


Children's Mental Health Week

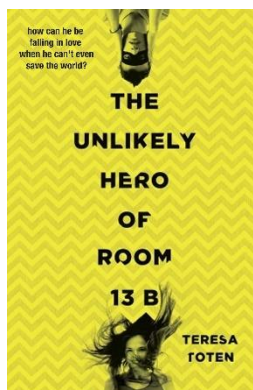
6th – 12th February 2023

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



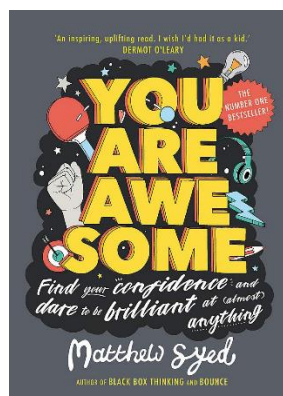
Looking after your mental health

With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to divorce, depression and eating disorders, this is an essential book for young people.



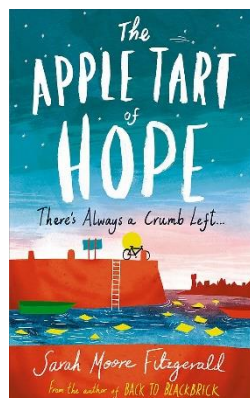
The unlikely hero of room 13B by Teresa Toten 13+

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.



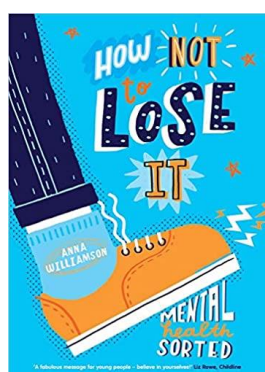
You are awesome by Matthew Syed

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.



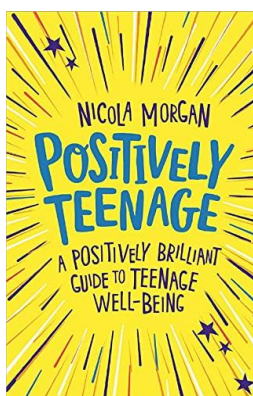
The Apple Tart of Hope by Sarah Moore Fitzgerald

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.



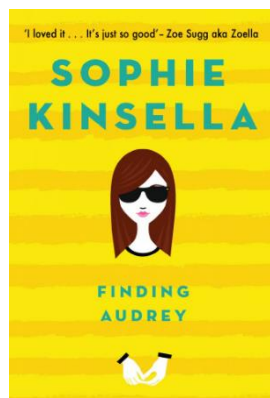
How not to lose it by Anna Williamson

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.



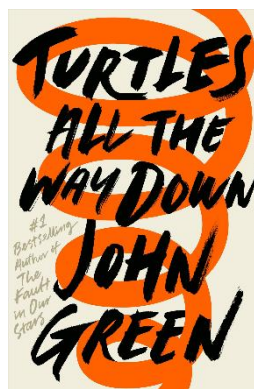
Positively teenage by Nicola Morgan

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.



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.



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.