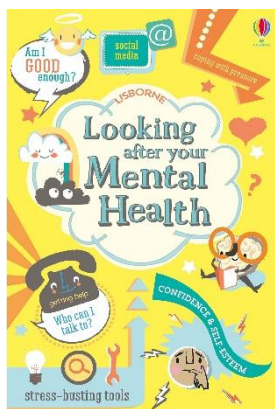




# Mental Health Awareness Week

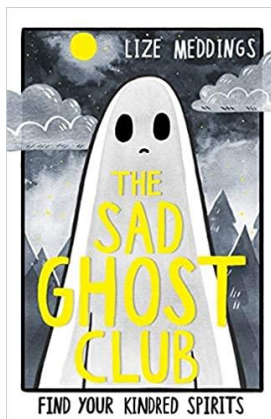
## 15<sup>th</sup> – 21<sup>st</sup> May 2023

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



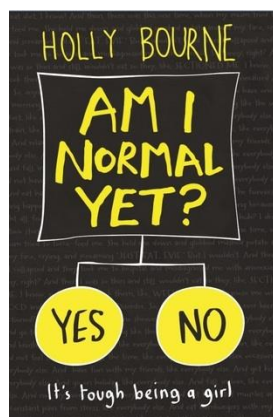
### LOOKING AFTER YOUR MENTAL HEALTH

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



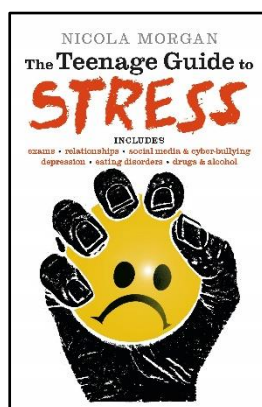
### THE SAD GHOST CLUB

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. Because that night they start the The Sad Ghost Club – a secret society for the anxious and alone, a club for people who think they don't belong.



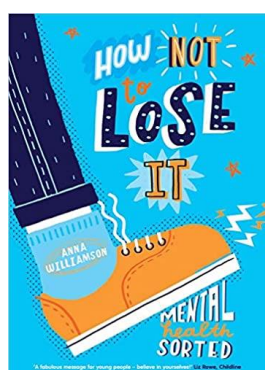
### AM I NORMAL YET? 13+

Evie is starting sixth form college and like any normal young person wants to fit in and make friends, and she'd like a boyfriend too. It's challenging for Evie though because she's also coping with anxiety disorder, something she's determined to keep secret from even her closest new friends, Amber and Lottie.



### THE TEENAGE GUIDE TO STRESS

Essential reading for teenagers and the adults who care for them. A fantastically wide-ranging, reassuring, eye-opening and comprehensive look at the stresses many teenagers face, empowering them to take control of their mental health and wellbeing.



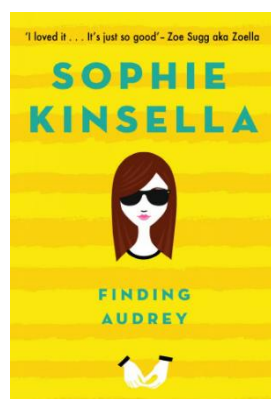
### HOW NOT TO LOSE IT

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.



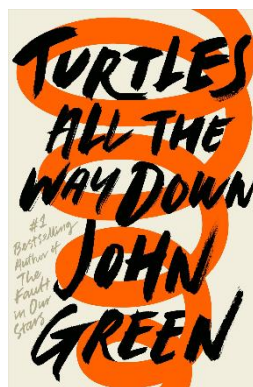
### BE RESILIENT

This is a book that was inspired by the issues teens were facing as a result of the lockdowns and lack of contact with peers and school. Nicola Morgan, known for her no-nonsense very approachable way with incredibly difficult and important subjects for teenagers set herself the task of writing this very readable guide to growing their own resilience.



### FINDING AUDREY

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 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.