

# RECOMMENDED READING

## GENERAL

☀ GRAPHIC NOVEL  
✧ MEMOIR  
✨ FICTION

### WELLBEING - MENTAL HEALTH - COPING FEELING FINE - SELF-ESTEEM - LEARNING ABOUT LIFE

- **Blame My Brain**  
Nicola Morgan  
*Walker Books*
- **Mind Your Head**  
Juno Dawson  
*Hot Key Books*
- **Stuff That Sucks**  
Ben Sedley  
*Robinson*
- **The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!**  
Self-Esteem Team  
*John Blake Publishing*
- **Every Day**  
David Levithan  
*Electric Monkey*
- **House of Windows**  
Alexia Casale  
*Faber & Faber*
- ✨ **I'll Give You the Sun**  
Jandy Nelson  
*Walker Books*
- **Kite Spirit**  
Sita Brahmachari  
*Macmillan Children's Books*
- **Quiet the Mind**  
Matthew Johnstone  
*Robinson*

## ADHD

### Attention Deficit Hyperactivity Disorder

- **Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD**  
Patricia Quinn and Judith Stern  
*Magination Press*

## ANXIETY, WORRY AND PANIC

- **My Anxious Mind**  
Michael Tompkins and Katherine Martinez  
*Magination Press*
- **The Shyness and Social Anxiety Workbook for Teens**  
Jennifer Shannon  
*New Harbinger*
- **The Anxiety Survival Guide for Teens**  
Jennifer Shannon  
*New Harbinger*
- **The Perks of Being a Wallflower**  
Stephen Chbosky  
*Simon & Schuster*

## AUTISM AND ASPERGER SYNDROME

- **Freaks, Geeks and Asperger Syndrome**  
Luke Jackson  
*Jessica Kingsley*
- **The Curious Incident of the Dog in the Night-Time**  
Mark Haddon  
*Vintage*
- **The Reason I Jump**  
Naoki Higashida  
*Sceptre*

## BODY IMAGE AND EATING DISORDERS


- **Can I Tell You About Eating Disorders?**  
Bryan Lask and Lucy Watson  
*Jessica Kingsley*
- **Banish Your Body Image Thief**  
Kate Collins-Donnelly  
*Jessica Kingsley*
- **Tyranny**  
Lesley Fairfield  
*Walker Books*





## BULLYING


-  **Bullies, Cyberbullies and Frenemies**  
Michele Elliott  
*Wayland*



-  **Vicious**  
*True Stories by Teens About Bullying*  
Ed. Hope Vanderberg  
*Free Spirit*

 GRAPHIC NOVEL  
 MEMOIR  
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## CONFIDENCE AND SELF-ESTEEM


-  **Banish Your Self-Esteem Thief**  
Kate Collins-Donnelly  
*Jessica Kingsley*

-  **Self-Esteem and Being You**  
Anita Naik  
*Wayland*

-  **Face**  
 Benjamin Zephaniah  
*Bloomsbury*

## DEPRESSION

-  **Am I Depressed and What Can I Do About It?**  
Shirley Reynolds and  
Monika Parkinson  
*Robinson*

-  **Can I Tell You About Depression?**  
Christopher Dowrick  
and Susan Martin  
*Jessica Kingsley*

-  **I Had a Black Dog**  
 Matthew Johnstone  
*Robinson*

## MOOD SWINGS



-  **Don't Let Your Emotions Run Your Life for Teens**  
Sheri Van Dijk  
*New Harbinger*



## SELF-HARM

-  **The Truth About Self-Harm**  
Celia Richardson  
*Mental Health Foundation*


## OCD Obsessive Compulsive Disorder

-  **Breaking Free from OCD**  
Jo Derisley and others  
*Jessica Kingsley*

-  **The Unlikely Hero of Room 13B**  
 Teresa Toten  
*Walker Books*

-  **Touch and Go Joe**  
 Joe Wells  
*Jessica Kingsley*

## STRESS

-  **Fighting Invisible Tigers**  
Earl Hipp  
*Free Spirit*

-  **The Teenage Guide to Stress**  
Nicola Morgan  
*Walker Books*

**Prescriber's further information or additional recommendations:**

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