

**READING  
WELL**

Recommended by  
young people and health experts.



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**THE  
READING  
AGENCY**



## SHELF HELP




**Reading Well** can help you cope with the pressures of life, **feel better** about yourself and **boost** your confidence using books.


The **Reading Well** books have been chosen by young people and health experts to **help** you with **difficult feelings and experiences** that can affect your wellbeing.

The books have **information** and **advice** as well as personal stories about dealing with feelings such as anxiety, depression or **stress** and experiences such as bullying.

Look out for the books in your local library – they're free to borrow. Take one home today.



Find out more at: [reading-well.org.uk/shelfhelp](https://reading-well.org.uk/shelfhelp)




CO-CREATED BY **YOUNG PEOPLE** |  
SUPPORTED BY **YOUNGMINDS** |

# HOW CAN BOOKS HELP?

The books on the **Reading Well** list offer tips and ideas to help you understand and manage your emotions as well as cope with difficult situations.

Some of the recommended books suggest useful self-help techniques. There are also **personal stories**, **graphic novels** and **fiction**. Reading about other people's experiences and feelings can sometimes **help you understand your own**.



You can use the books on their own, although self-help reading often works best with support from a health professional. Your **doctor** can **advise** you on the support that's available. There are more suggestions about useful fiction at:

[reading-well.org.uk/shelfhelp](http://reading-well.org.uk/shelfhelp)

## HOW DO I JOIN THE LIBRARY?

It's **easy and free** to join your local library. Some libraries may need **proof of your name and address** and may require permission from an adult if you're under 16. A member of library staff will help you join – and once you have a library card, **you can take out any of the books there**.

## ALSO AT YOUR LOCAL PUBLIC LIBRARY

### FIND OTHER BOOKS



You might also find our **reading list for adults useful**. Ask in the library for **Reading Well Books on Prescription** or visit: [reading-well.org.uk](http://reading-well.org.uk)

### JOIN A READING GROUP

**Make friends and have fun** while enjoying a good book in a reading group. Ask about local groups in your library or visit: [readinggroups.org](http://readinggroups.org)

### TAKE PART IN READING HACK

Reading Hack turns reading on its head. Create your own hacks, meet new people, get new **skills** and **inspire** others to read. Volunteering can also help you build **confidence** and wellbeing. To find out more go to: [readinghack.org.uk](http://readinghack.org.uk)

➤ **Reading Well** has been developed by The Reading Agency in partnership with the Society of Chief Librarians and Association of Senior Children's and Education Librarians. The scheme is funded by Arts Council England and the Wellcome Trust.

## WHAT IF I NEED MORE HELP?

You don't need to struggle on your own. Your GP will be able to offer help and advice. You might also find it helpful to talk things through with people you trust such as your parents, a friend or a teacher, or a school nurse or counsellor if you're still at school.

For support [mycamhschoices.org](https://www.mycamhschoices.org) has information and short films on mental health services or visit [youngminds.org.uk](https://www.youngminds.org.uk), a national charity committed to improving the emotional wellbeing and mental health of young people. The following organisations offer support and counselling:

### Childline

[childline.org.uk](https://www.childline.org.uk)

☎ 0800 1111

24 hours a day, 7 days a week

### The Samaritans

[samaritans.org](https://www.samaritans.org)

☎ 116 123

24 hours a day, 7 days a week

## > TELL US WHAT YOU THINK

Find out more about the books or share your reviews at:  
[reading-well.org.uk/shelfhelp](https://www.reading-well.org.uk/shelfhelp)

**Reading Well** is supported by the British Association for Behavioural and Cognitive Psychotherapies, The British Psychological Society, Mental Health Foundation, Mind, National Association of Primary Care, NHS England (Children and Young People's Mental Health), Public Health England, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists and YoungMinds.

# 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  
☀ FICTION

## 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:

Prescriber's signature: .....