

Free at your local library

Reading Well

for

Teens



All books are recommended by teens and health professionals

Reading Well for teens suggests recommended reading and digital resources to help you understand your feelings and boost your confidence.

Teens and health and wellbeing experts have chosen the books to help you manage your emotions and cope with difficult times.

Recommended by health experts

Co-created by teens

For more information visit reading-well.org.uk/teens or scan the QR code



How can books help?

These Reading Well books have been chosen to help you **understand your feelings** and deal with **difficult times**. They are aimed at young people aged between 13 and 18 years old.

You can read the books on your own or talk about them with someone you trust.

Some of the books include useful **self-help techniques**. There are also **personal stories**, **graphic books** and **fiction**.

The library

Look for the **Reading Well for teens** books in your local library – they're **free to borrow**.

It's easy and free to join your local library. A member of library staff will help you and once you have a library card you can borrow books, download eBooks or eAudiobooks, take part in activities and so much more. Ask your library staff about what the library can offer.

Find out about other **Reading Well** booklists at your local library or visit reading-well.org.uk



Recommended reading

Healthy Minds

- S** **Be Resilient: How to Build a Strong Teenage Brain for Tough Times**
Nicola Morgan
Walker Books
- S** **Be Happy Be You: The Teenage Guide to Boost Happiness and Resilience**
Penny Alexander, Becky Goddard-Hill
Collins
- P** **You Can Change the World!**
Margaret Rooke, Kara McHale
Jessica Kingsley Publishers
- F** **One in a Hundred Thousand**
Linni Ingemundsen
Usborne

Body Image

- S** **The Body Image Book for Girls: Love Yourself and Grow Up Fearless**
Charlotte Markey
Cambridge University Press
- S** **Being You: The Body Image Book for Boys**
Charlotte Markey, Daniel Hart, Douglas Zacher
Cambridge University Press
- S** **Appearance Anxiety**
National and Specialist OCD, BDD and Related Disorders Service, Maudsley Hospital
Jessica Kingsley Publishers
- F** **Jemima Small Versus the Universe**
Tamsin Winter
Usborne
- F** **The Year I Didn't Eat**
Samuel Pollen, Sophie Beer
ZunTold

Managing Feelings

- S** **The Mental Health and Wellbeing Workout for Teens**
Paula Nagel, Gary Bainbridge
Jessica Kingsley Publishers
- S** **My Intense Emotions Handbook**
Sue Knowles, Bridie Gallagher, Hannah Bromley, Emmeline Pidgen
Jessica Kingsley Publishers

Anxiety and Depression

- S** **My Anxiety Handbook**
Sue Knowles, Bridie Gallagher, Phoebe McEwen, Emmeline Pidgen
Jessica Kingsley Publishers
- G** **Anxiety is Really Strange**
Steve Haines, Sophie Standing
Jessica Kingsley Publishers
- S** **Depression (A Book About)**
Holly Duhig, Danielle Webster-Jones
Booklife Publishing
- F** **Hope**
Rhian Ivory
Firefly

Book Type Key

- S** Self-help
- F** Fiction
- G** Graphic format
- P** Personal stories

Recommended reading continued

Neurodiversity

- P** **Wired Differently – 30 Neurodivergent People You Should Know**
Joe Wells, Tim Stringer
Jessica Kingsley Publishers
- FG** **Frankie's World**
Aoife Dooley
Scholastic

Understanding Bereavement and Loss

- S** **You Will Be Okay**
Julie Stokes
Hachette
- F** **A Monster Calls**
Patrick Ness
Walker Books
- F** **When Shadows Fall**
Sita Brahmachari, Natalie Sirett
Little Tiger

Sexuality, Gender and Mental Health

- P** **Coming Out Stories**
Emma Goswell, Sam Walker
Jessica Kingsley Publishers
- S** **Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health**
Alexis Caught
Walker Books
- G** **Welcome to St Hell: My Trans Teen Misadventure**
Lewis Hancox
Scholastic

Learning About Life

- F** **Booked**
Kwame Alexander
Andersen Press
- F** **Stay a Little Longer**
Bali Rai
Barrington Stoke Ltd

Boost your Confidence

- S** **Social Anxiety Relief for Teens**
Bridget F Walker
Little, Brown

Surviving Online

- S** **Social Media Survival Guide**
Holly Bathie, Kate Sutton, Richard Merritt and The Boy Fitz Hammond
Usborne

Digital Resources

Alongside the books, there are recommended digital resources to help you understand your feelings and deal with tough experiences.

Scan the QR code or visit reading-well.org.uk/teens to find out more



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What if I need more help?

Sometimes a book may not provide all the help you need. You don't need to struggle on your own. You can talk things through with someone you trust such as a parent or carer, friend, teacher or counsellor. You can also talk to people in the community such as your school nurse or your GP and other professionals in your GP practice.

You can contact one of the following organisations for support:



Young Minds

Advice and information on what to do if you're struggling with how you feel.

 [youngminds.org.uk](https://www.youngminds.org.uk)
 Text **YM** to **85258** for free, **24/7 support**



Childline

Free, private and confidential service where you can talk about anything, for anyone under 19 in the UK. Open **24/7**.

 [childline.org.uk](https://www.childline.org.uk)
 **0800 1111**

Anna Freud National Centre for Children and Families

Information, advice and resources to help young people support their own mental health.

 [annafreud.org/on-my-mind](https://www.annafreud.org/on-my-mind)
 **AFC Crisis Messenger**: Text **AFC** to **85258**. Free, **confidential, 24/7** service for anyone feeling overwhelmed or struggling to cope.

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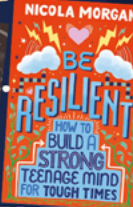
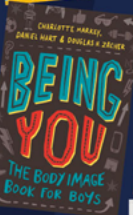
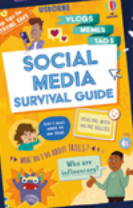
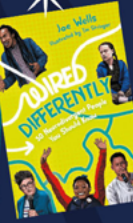
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Tell us what you think at reading-well.org.uk/feedback

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Today I Was

amazing