

2nd Edition

Healthy Reading Collection

for **YOUNG PEOPLE**

Leaflets

Healthy Reading

Books

Digital



www.element.org.uk

Healthy Reading Collection for Young People

Life can be full of things that can upset you or make you feel stressed. These can range from simple things like losing your mobile phone or bigger things like body image or being bullied.

The Healthy Reading collection of books and resources for young people aged 13– 18 years has been chosen by young people and health professionals. It has useful information on topics such as anxiety, depression, eating disorders and difficult life pressures like exam stress and relationship break up.

Some of the books suggest self-help techniques which can help boost confidence and help you cope with difficult feelings and experiences. As well as information books, there are also graphic novels and fiction stories that deal with issues that can affect young people. Reading about other people's experiences and feelings can often help you to better understand your own.




The titles are available for anyone to borrow free from their local library. The titles listed in this leaflet are just a selection of what is available. See all titles and more information at: www.elament.org.uk/self-help-resources/healthy-reading/

Healthy Reading Plus

Look out for our Healthy Reading Plus titles for a mood boosting read.

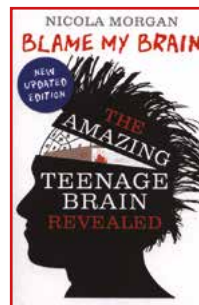
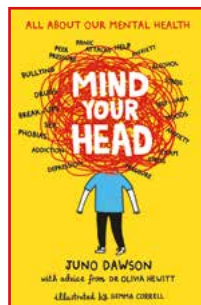
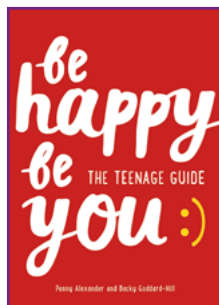


Key:

- Book 
- eBook 
- eAudiobook 

Healthy Minds

Be happy, be you: the teenage guide	Alexander, Penny	9780008367565	
One in a hundred thousand	Ingemundsen, Linni	9781474940641	
Be resilient: how to build a strong teenage mind for tough times	Morgan, Nicola	9781406399257	
You can change the world!: everyday teen heroes who dare to make a difference	Rooke, Margaret	9781785925023	

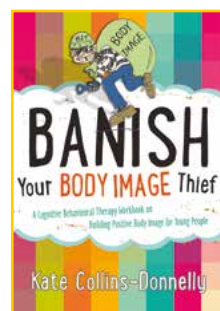
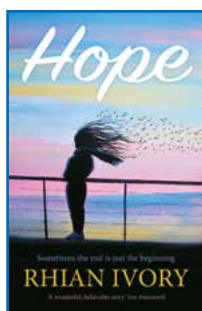
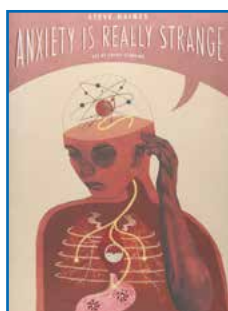


Managing feelings

Kite spirit	Brahmachari, Sita	9780330517928	
Mind your head	Dawson, James	9781471405310	
Fighting invisible tigers: stress management for teens	Hipp, Earl	9781575422824	
What to do when your temper flares: a kid's guide to overcoming problems with anger	Huebner, Dawn	9781433801341	
Quiet the mind: an illustrated guide on how to meditate	Johnstone, Matthew	9781780331188	
My intense emotions handbook: manage your emotions and connect better...	Knowles, Sue	9781787753822	
Blame my brain: the amazing teenage brain revealed	Morgan, Nicola	9781406346930	
The teenage guide to stress	Morgan, Nicola	9781406353143	
The mental health and wellbeing workout for teens: skills and exercises from ACT and CBT for healthy thinking	Nagel, Paula	9781785923944	
Don't let your emotions run your life for teens: behaviour therapy skills...	Van Dijk, Sheri	9781572248830	

Managing feelings: Anxiety and depression

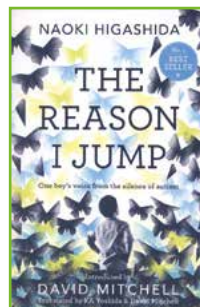
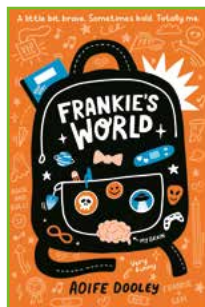
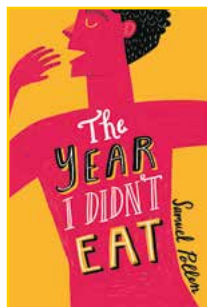
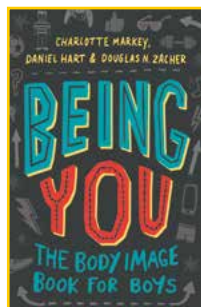
Can I tell you about depression?: a guide for friends, family and professionals	Dowrick, Christophe	9781849055635	📖
A book about depression	Duhig, Holly	9781786373410	📖
Anxiety Is Really Strange	Haines, Steve	9781848193895	📖
What to do when you worry too much: a kid's guide to overcoming anxiety	Huebner, Dawn	9781591473145	📖
Hope	Ivory, Rhian	9781910080627	📖
My anxiety handbook: getting back on track	Knowles, Sue	9781785924408	📖
Am I depressed and what can I do about it?: a CBT self-help guide for teenagers experiencing low mood and depression	Reynolds, Shirley & Parkinson, Monika	9781472114532	📖
The anxiety survival guide for teens: CBT skills to overcome fear, worry, and panic	Shannon, Jennifer	9781626252431	📖
The shyness and social anxiety workbook for teens: CBT and act skills to help you build social confidence	Shannon, Jennifer	9781608821877	📖
My anxious mind: a teen's guide to managing anxiety and panic	Tompkins, Michael A.	9781433804502	📖



Body Image

The Self-Esteem Team's guide to sex, drugs & WTFs?!	Barrett, Grace	9781784186425	📖 📖
Banish your body image thief: a CBT workbook for young people	Collins-Donnelly, Kate	9781849054638	📖
Tyranny	Fairfield, Lesley	9781406331134	📖

Banish your self-esteem thief: a CBT workbook for young people	Fennell, Melanie J. V.	9781854877253	📖
Appearance anxiety: a guide to understanding body dysmorphic disorder for young people, families and professionals	Jassi, Amita	9781785924569	📖
Can I tell you about eating disorders?: a guide for friends, family and professionals	Lask, Bryan	9781849054218	📖
Being you: the body image book for boys	Markey, Charlotte	9781108949378	📖
The body image book for girls: love yourself and grow up fearless	Markey, Charlotte	9781108718776	📖
Self esteem and being you	Naik, Anita	9780750272162	📖
The year I didn't eat	Pollen, Samuel	9781999863357	📖
Jemima Small versus the universe	Winter, Tamsin	9781474927284	📖
Face	Zephaniah, Benjamin	9780747541547	📖📖



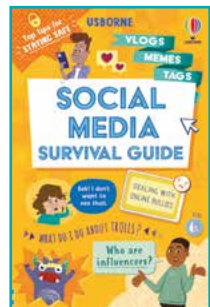
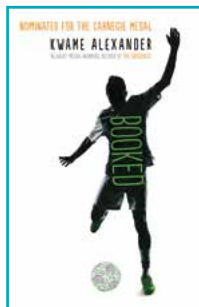
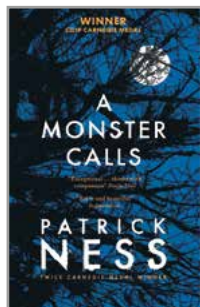
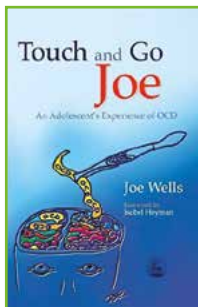
Neurodiversity

Breaking free from OCD: a CBT guide for young people and their families	Derisley, Jo	9781843105749	📖
Frankie's world	Dooley, Aoife	9780702307355	📖📖
The reason I jump: one boy's voice from the silence of autism	Higashida, Naoki	9781444776775	📖
All dogs have ADHD	Hoopmann, Kathy	9781843106517	📖
All cats have Asperger syndrome	Hoopmann, Kathy	9781843104810	📖
Freaks, geeks and Asperger syndrome: a user guide to adolescence	Jackson, Luke	9781843100980	📖

The Asperkid's (secret) book of social rules: the handbook of not-so-obvious social guidelines for tweens and teens with Asperger syndrome	O'Toole, Jennifer C	9781849059152	
Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD	Quinn, Patricia O	9781433811340	
Touch and go Joe: an adolescent's experiences of OCD	Wells, Joe	9781843103912	
Wired Differently: 30 Neurodivergent People You Should Know	Wells, Joe	9781787758421	

Understanding bereavement and loss

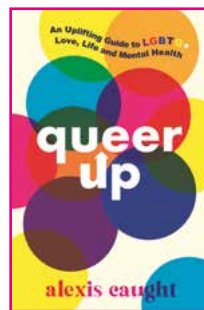
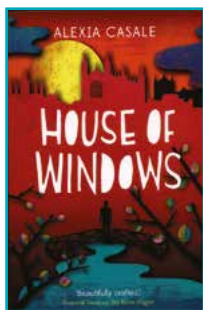
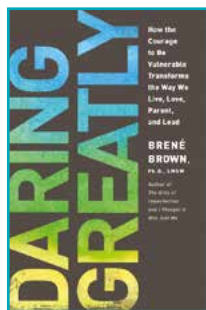
When shadows fall	Brahmachari, Sita	9781788956802	
A monster calls	Ness, Patrick	9781406361803	
You will be okay: find strength, stay hopeful and get to grips with grief	Stokes, Julie A.	9781526363893	








Learning about life

Booked	Alexander, Kwame	9781783444656	
Social media survival guide	Bathie, Holly	9781474999267	
Gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are	Brown, Brené	9781592858491	
I thought it was just me (but it isn't): the truth about perfectionism, inadequacy and power	Brown, Brené	9781592403356	
Rising strong	Brown, Brené	9780091955038	

Daring greatly: how the courage to be vulnerable transforms the way we live, love, parent and lead	Brown, Brené	9780241257401	 
House of windows	Casale, Alexia	9780571321537	
The perks of being a wallflower	Chbosky, Stephen	9781471116148	
Bullies, cyberbullies and frenemies	Elliott, Michelle	9780750272148	
Reasons to stay alive	Haig, Matt	9781782116820	 
Every day	Levithan, David	9781405264426	
I'll give you the sun	Nelson, Jandy	9781406326499	 
Stay a little longer	Rai, Bali	9781781128329	
Truth About Self-harm: For Young People and Their Friends and Families	Richardson, Celia	9781903645994	
Stuff that sucks: accepting what you can't change and committing to what you can	Sedley, Ben	9781472120533	
The unlikely hero of Room 13B	Toten, Teresa	9781406362992	 
Social anxiety relief for teens: a step-by-step CBT guide to feel confident and comfortable in any situation	Walker, Bridget F.	9781684037056	 



Sexuality, gender identity and mental health

Queer up: an uplifting guide to LGBTQ+ love, life and mental health	Caught, Alexis	9781406399226	 
Coming out stories: personal experiences of coming out from across the LGBTQ+ spectrum	Goswell, Emma	9781787754959	
Welcome to St. Hell	Hancox, Lewis	9780702313905	 



BorrowBox

With the BorrowBox service, you will be able to access both eBook and eAudiobooks directly on your device through the BorrowBox app. The app is free to download and you can sign-in using your library membership details. New titles are added every month so you will never be short of a book, even after closing time for our branch libraries. BorrowBox is accessible 24/7. A selection of the Healthy Reading and Mood Boosting titles are available on Borrowbox.

To find out more about the service, visit the eLibrary at
North Lanarkshire: <https://culturenl.co.uk/elibrary/borrowbox/>
South Lanarkshire: www.slleisureandculture.co.uk/info/57/e-books

Published: July 2023 | Review: July 2024 | Catalogue Number: (303)