

Bibliotherapy

Books to help

you

Mental health & Wellbeing

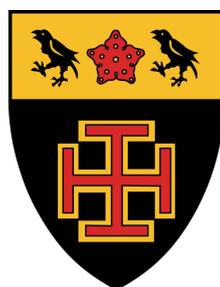
Anxiety, Stress & Anger

Identity & Body image

Divorce & Loss

Self-esteem & Depression

Friendship & Bullying



Contents List

Books are located in the library under either **non-fiction** Dewey numbers (155.1 etc) OR under the Main Library or Middle School Book Room **fiction** sections

Topic Area	Location	Page No.
Anxiety, Stress & Anger	155.1	4
	Fiction	5
Self-esteem & Well-being	158.1	6
	Fiction	7
Friendship & Bullying	302.34	8
	Fiction	9
LGBTQ	306.766	10
	Fiction	11
Death & Loss	306.9	12
	Fiction	13
Growing-up & Body image	612.611	14
	Fiction	15
Depression	616.8	16
	Fiction	17
Dyslexia / Autism / OCD	618.928	18
	Fiction	19
Separation & Divorce	Fiction	20
Useful links		21

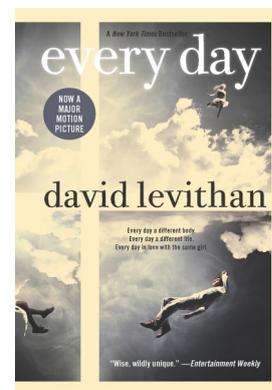
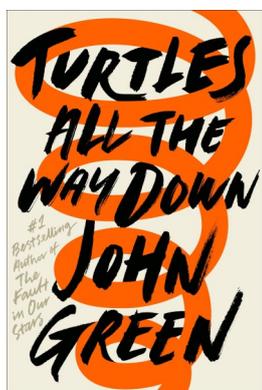
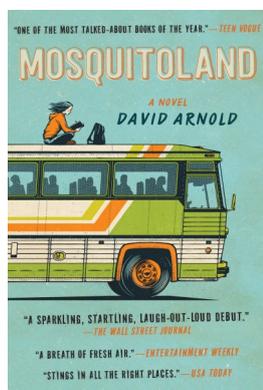
Anxiety, Stress & Anger

Non-Fiction (155.5)

AUTHOR	TITLE	DEWEY
Balick, Aaron	Keep your cool: How to deal with life's worries and stress	155.5
Biegel, Gina M.	The stress reduction workbook for teens: mindfulness skills to help you deal with stress	155.5
Bowden, Sandra	I just get so ... angry! : dealing with anger and other strong emotions for teenagers	155.5
Collins-Donnelly, Kate	Starving the anxiety gremlin: A cognitive behavioural therapy workbook on anxiety management for young people	155.5
Collins-Donnelly, Kate	Starving the stress gremlin: A cognitive behavioural therapy workbook on stress management for young people	155.5
Collins-Donnelly, Kate	Starving the anger gremlin: A cognitive behavioural therapy workbook on anger management for young people	155.5
Dorland, Su	Exam stress? No worries!	155.5
Hipp, Earl	Fighting Invisible Tigers: Stress management for teens	155.5
Hibberd, Jessamy Dr	This book will make you calm	155.5
Johnstone, Matthew	Quiet the mind: An illustrated guide on how to meditate	155.5
Maats, Hunter	The straight A conspiracy: Your secret guide to ending the stress of school	155.5
McIntosh, Diane	Stress the Psychology of Managing Pressure	155.5
Tompkins, Michael	My anxious mind: A teen's guide to managing anxiety and panic	155.5
Morgan, Nicola	Teenage guide to stress	155.5
Murphy, Jason Robert	Mindfulness for teen anger: A workbook to overcome anger and aggression using MBSR and DBT skills	155.5
Naik, Anita	Beat stress! The exam handbook	155.5
Sedley, Ben	Stuff that sucks: Accepting what you can't change and committing to what you can	155.5
Shannon, Jennifer	The shyness & social anxiety workbook for teens: CBT and ACT skills to help you build social confidence	155.5
Shannon, Jennifer	The anxiety survival guide for teens: CBT Skills to overcome fear, worry and panic	155.5
Wildi, Debbie	Teen relax: The stressbuster survival handbook	155.5
Williams, Mark	Mindfulness: A practical guide to finding peace in a frantic world	155.5

Anxiety, Stress & Anger

Fiction books



AUTHOR	TITLE	LOCATION
Albertalli, Becky	The Up Side of Un-Required	Middle School Book Room
Alkaf, Hanna	The Weight of Our Sky	Middle School Book Room
Anderson, Laurie Halse	Wintergirls	Middle School Book Room
Anderson, Laurie Halse	Speak	Middle School Book Room
Arnold, David	Mosquitoland	Middle School Book Room
Asher, Jay	Thirteen Reasons Why	<i>Main Library Fiction Section</i>
Bardugo, Leigh	Six of Crows	Middle School Book Room
Barnard, Sara	A Quiet Kind of Thunder	Middle School Book Room
Brahmachari, Sita	Kite Spirit	Middle School Book Room
Dhami, Narinder	Bang, Bang You're Dead	Middle School Book Room
Downham, Jenny	Before I Die	Middle School Book Room
Drews, C.G.	The Boy Who Steals Houses	Middle School Book Room
Green, John	Turtles All the Way Down	Middle School Book Room
Levithan, David	Every Day	Middle School Book Room
Lockhart, E.	The Boyfriend List	Middle School Book Room
Nelson, Jandy	The Sky is Everywhere	Middle School Book Room
Perkins, Stephanie	Isla and the Happily Ever After	Middle School Book Room
Power, Rory	Wilder Girls	Middle School Book Room
Rowell, Rainbow	Fangirl	Middle School Book Room
Sedgwick, Marcus	The Ghosts of Heaven	Middle School Book Room
Shusterman, Neal	Challenger Deep	Middle School Book Room
Stiefvater, Maggie	The Raven King	Middle School Book Room
Stratton, Allan	The Dogs	Middle School Book Room
Zephaniah, Benjamin	Face	Middle School Book Room

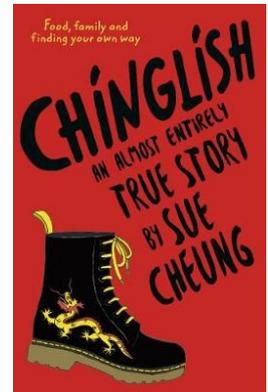
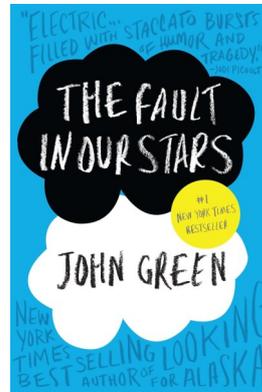
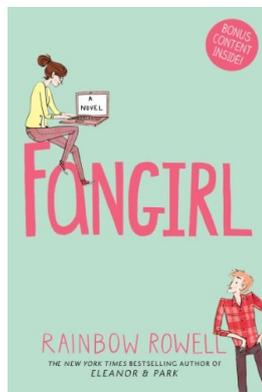
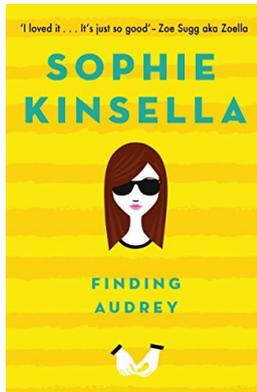
Self-esteem & Well-being

Non-Fiction (158.1)

AUTHOR	TITLE	DEWEY
Barrett, Grace	The self-esteem team's guide to sex, drugs & WTFs?!!	158.1
Byrne, Rhonda	The secret	158.1
Canfield, Jack	Chicken soup for the teenage soul	158.1
Collins-Donnelly, Kate	Banish your self-esteem thief: A cognitive behavioural therapy workbook on building positive self-esteem for young people	158.1
Cope, Andy	The art of being a brilliant teenager	158.1
Cope, Andy	Zest: How to squeeze the max out of life	158.1
Correll, Gemma	Being a girl	158.1
Dawson, Juno	Mind your head	158.1
Dweck, Carol S.	Mindset: How you can fulfil your potential	158.1
Earl, Rae	It's all in your head	158.1
Goodin, Tanya	Off: Your digital detox for a better life	158.1
Gordon, Bryony	You got this: A fabulous fearless guide to being you	158.1
Hancock Justin	Can we talk about consent: A book about freedom choices and agreement	176.4
James, Alice Stowell Louie	Looking after your mental health	158.1
Kaufman, Gershen	Stick up for yourself: Every kid's guide to personal power and positive self-esteem	158.1
Morgan, Nicola	Positively teenage: A positively brilliant guide to teenage wellbeing	158.1
Morgan, Nicola	Blame my brain: The amazing teenage brain revealed	158.1
Nagel, Paula	The mental health and wellbeing workout for teens: Skills and exercises from ACT and CBT for healthy thinking	158.1
Naik, Anita	Self-esteem and being you: Teen life confidential	158.1
Naik, Anita	How to be a girl: The common sense guide to girlhood	158.1
O'Neill, Poppy	You're a star: A child's guide to self-esteem	158.1
Pewdiepie	This book loves you	158.1
Spilsbury, Louise	What is consent? Why is it important and other big questions	158.1
Syed, Matthew	You are awe some	158.1

Self-esteem & Well-being

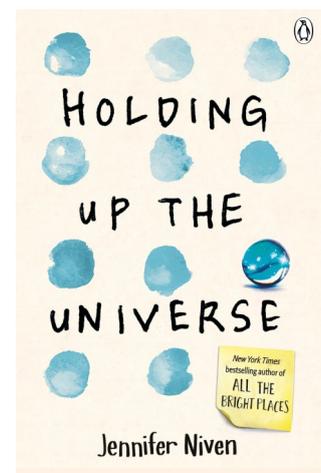
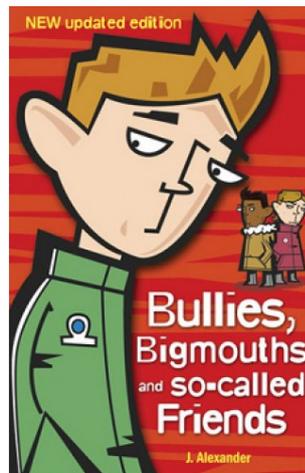
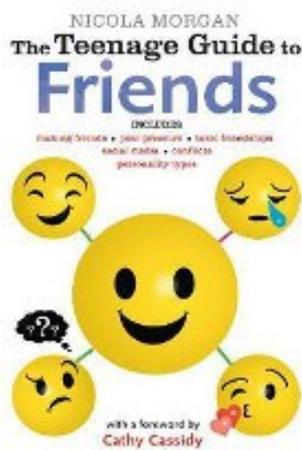
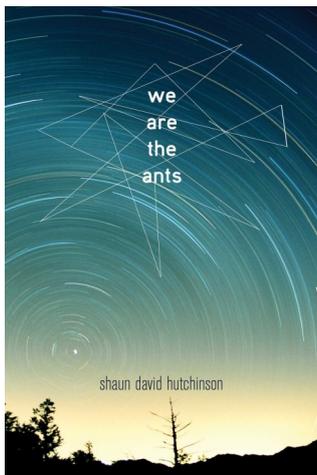
Fiction books



AUTHOR	TITLE	LOCATION
Anderson, Laurie Halse	Winternights	Middle School Book Room
Anderson, Laurie Halse	Speak	Middle School Book Room
Asher, Jay	Thirteen Reasons Why	<i>Main Library Fiction Section</i>
Cheung, Sue	Chinglish	Middle School Book Room
Dessen, Sarah	Saint Anything	Middle School Book Room
Dessen, Sarah	What Happened to Goodbye	Middle School Book Room
Forman, Gayle	I Have Lost My Way	<i>Main Library Fiction Section</i>
Green, John	The Fault in Our Stars	Middle School Book Room
Kaysen, Susanna	Girl, Interrupted	<i>Main Library Fiction Section</i>
Kinsella, Sophie	Finding Audrey	Middle School Book Room
Lord, Emery	The Start of me and You	Middle School Book Room
Niven, Jennifer	All The Bright Places	Middle School Book Room
Reinhardt, Dana	Tell us Something True	Middle School Book Room
Rowell, Rainbow	Fangirl	Middle School Book Room
Sales, Leila	This Song Will Save Your Life	Middle School Book Room
Shusterman, Neal	Challenger Deep	Middle School Book Room
Stewart, Erin	Scars Like Wings	Middle School Book Room
Yoon Nicola	Everything, Everything	Middle School Book Room
Williamson, Lisa	Paper Avalanche	Middle School Book Room
Zephaniah, Benjamin	Face	Middle School Book Room

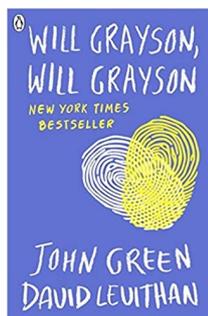
Friendship & Bullying

Non-Fiction (302.34)

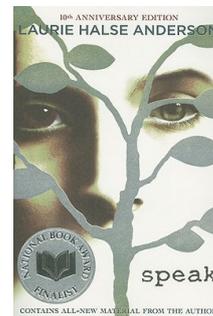


AUTHOR	TITLE	DEWEY
Burton, Bonnie	Girls against girls: How to stop bullying and build better friendships	302.34
Earl Alexander, J.	Bullies, bigmouths and so-called friends	302.34
Elliott, Michele	Bullies, cyberbullies and frenemies: Teen life confidential	302.34
Hemmen, Lucie	The teen girl's survival guide: Ten tips for making friends, avoiding drama, and coping with social stress	302.34
Hunter, Nick	Cyber bullying	302.34
Morgan, Nicola	The teenage guide to friends	302.34
Naik, Anita	Queen bees, drama queens and cliquey teens: How to survive the friendship game	302.34
Naik, Anita	Texts, tweets, trolls and teens: A survival guide for social networking	302.34
Naik, Anita	The quick expert's guide to safe social networking	302.34
Sack, Rebekah	The young adult's guide to stop bullying	302.34
Schwartz, Heather	Cyber bullying	302.34
Stones, Rosemary	Don't pick on me: How to handle bullying	302.34

Friendship & Bullying



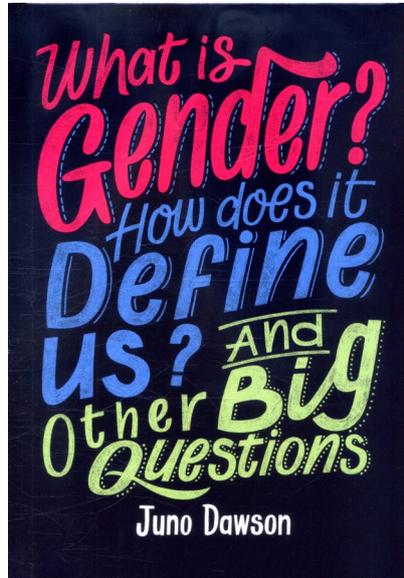
Fiction books



AUTHOR	TITLE	LOCATION
Allison, John	Giant Days (Vol. One)	Graphic Novels
Anderson, Laurie Halse	Speak	Middle School Book Room
Asher, Jay	Thirteen Reasons Why	Middle School Book Room
Brahmachari, Sita	Kite Spirit	Middle School Book Room
Casale, Alexia	House of Windows	Middle School Book Room
Extence, Gavin	The Universe Versus Alex	Middle School Book Room
Forman, Gayle	I Have Lost My Way	<i>Main Library Fiction Section</i>
Forman, Gayle	I Was Here	<i>Main Library Fiction Section</i>
Green, John	Will Grayson, Will Grayson	Middle School Book Room
Hood, Kim	Finding a Voice	Middle School Book Room
Hutchinson, Shaun	We Are The Ants	<i>Main Library Fiction Section</i>
Kinsella, Sophie	Finding Audrey	Middle School Book Room
Levithan, David	Every Day	Middle School Book Room
Maas, Sarah J	A Court of Mist And Fury	Middle School Book Room
Mathieu, Jennifer	The Truth About Alice	Middle School Book Room
Ness, Patrick	More Than This	Middle School Book Room
Ness, Patrick	The Rest of Us Just Live Here	Middle School Book Room
Niven, Jennifer	All the Bright Places	Middle School Book Room
Niven, Jennifer	Holding Up the Universe	Middle School Book Room
Oseman, Alice	Radio Silence	<i>Main Library Fiction Section</i>
Sales, Leila	This Song will Save Your Life	Middle School Book Room
Stiefvater, Maggie	The Raven King	Middle School Book Room
Summers, Courtney	All the Rage	<i>Main Library Fiction Section</i>
Tamaki, Julia	This One Summer	Graphic Novels
Yoon Nicola	Everything, Everything	Middle School Book Room

LGBTQ

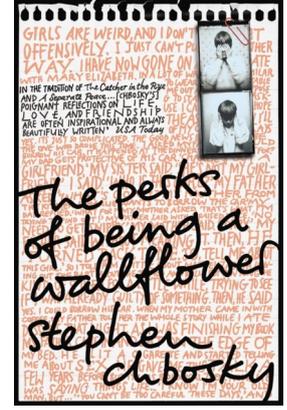
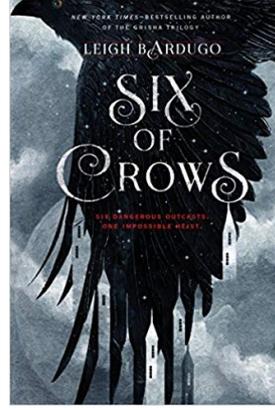
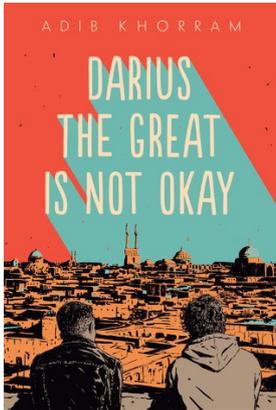
Non-Fiction (306.766)



AUTHOR	TITLE	DEWEY
Barker, Meg-John	Queer: A graphic history	306.766
Belge, Kathy	Queer: The Ultimate LGBTQ Guide for Teens	306.766
Dawson, Juno	What is gender? How does it define us and other big questions	306.766
Dawson, Juno	This book is gay	306.766
Fisher, Fox	Trans Teen Survival Guide	306.768
Head, Honor	Trans Global: Transgender then, now and around the world	306.768
Jennings, Kevin	Confronting Stereotypes	306.766
Madrone, Kelly Huegel	GLBTQ: The survival guide for gay, lesbian, bisexual, transgender and questioning teens	306.766
Rodi, Roberts	Beyond magenta: Transgender teens speak out	306.766
Teich, Nicholas M.	Transgender 101: A simple guide to a complex issue	306.766

LGBTQ

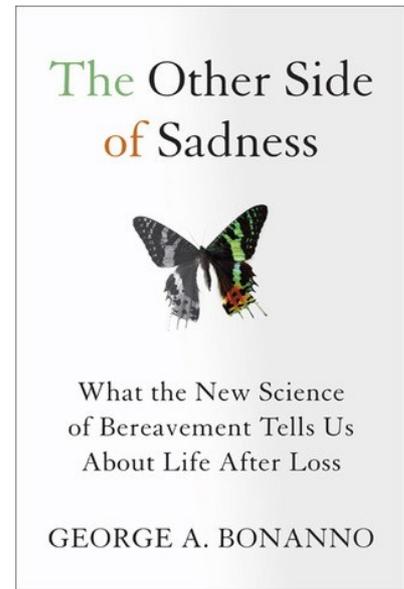
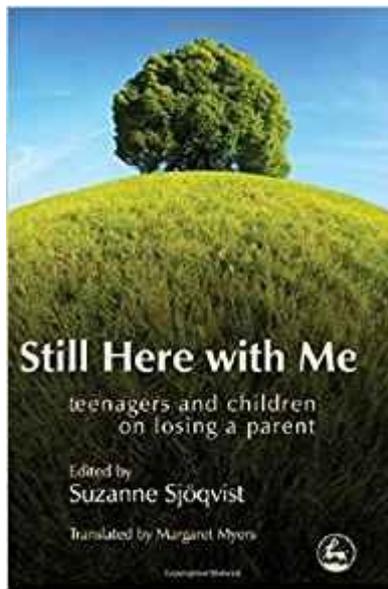
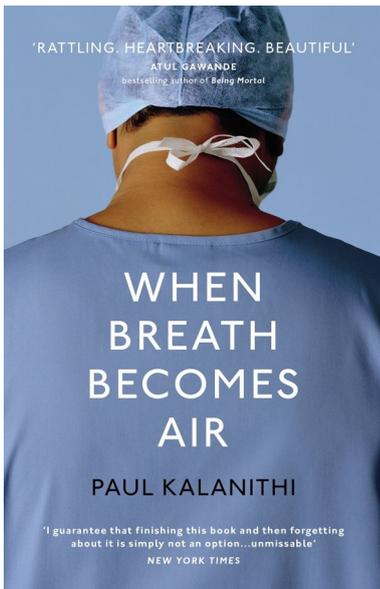
Fiction books



AUTHOR	TITLE	LOCATION
Albertalli, Becky	Leah on the Offbeat	Middle School Book Room
Albertalli, Becky	Simon vs. the Homo Sapiens	Middle School Book Room
Bardugo, Leigh	Six of Crows	Middle School Book Room
Chobsky, Stephen	The Perks of Being a Wallflower	Main Library Fiction Section
Green, John	Will Grayson, Will Grayson	Middle School Book Room
Hutchinson, Shaun David	We Are The Ants	Main Library Fiction Section
Khorram, Adib	Darius The Great Is Not Okay	Main Library Fiction Section
Levithan, David	Boy Meets Boy	Middle School Book Room
Levithan, David	Every Day	Middle School Book Room
Levithan, David	Naomi and Elys No Kiss List	Main Library Fiction Section
Nelson, Jandy	I'll Give You the Sun	Main Library Fiction Section
Ness, Patrick	The Rest of Us Just Live Here	Middle School Book Room
Saenz, Benjamin	Aristotle and Dante Discover the	Middle School Book Room
Salinger, JD	The Catcher in the Rye	Main Library Fiction Section
Sugiura, Misa	It's Not Like It's a Secret	Middle School Book Room
Telgemeier, Rania	Drama	Graphic Novels
Whaley, John Corey	Highly Illogical Behaviour	Middle School Book Room
Wilde, Jen	Queens of Geek	Middle School Book Room
Williamson, Lisa	The Art of Being Normal	Middle School Book Room

Death & Loss

Non-Fiction (306.9)



AUTHOR	TITLE	DEWEY
Bonanno, George	The other side of sadness: What the new science of bereavement tells us about life after loss	306.9
Gootman, Marilyn	When a friend dies: A book for teens about grieving and healing	306.9
Kalanithi, Paul	When breath becomes air	306.9
McGoldrick, Monica	Living beyond loss: Death in the family	306.9
Popowitz, Coral	Grief recovery for teens: Letting go of painful emotions with body-based practices	306.9
Sjöqvist, Suzanne	Still here with me: Teenagers and children on losing a parent	306.9

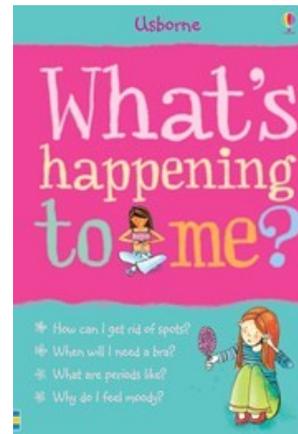
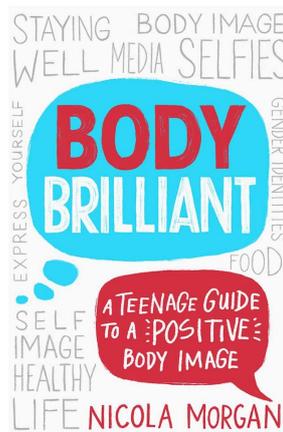
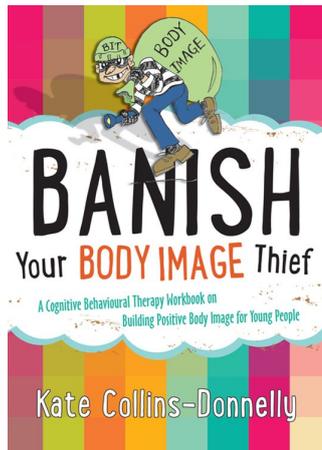
Death & Loss

Fiction books

AUTHOR	TITLE	LOCATION
Anderson, Laurie Halse	Wintergirls	Middle School Book Room
Asher, Jay	Thirteen Reasons Why	Middle School Book Room
Blume, Judy	Tiger Eyes	Middle School Book Room
Brahmachari, Sita	Kite Spirit	Middle School Book Room
Chboksy,	The Perks of Being a Wallflower	<i>Main Library Fiction Section</i>
Forman, Gayle	If I Stay	Middle School Book Room
Ganger, Candace	Six Goodbyes we Never Said	<i>Main Library Fiction Section</i>
Green, John	The Fault in our Stars	Middle School Book Room
Green, John	Looking for Alaska	Middle School Book Room
Honeyman, Gail	Eleanor Oliphant is Completely Fine	Middle School Book Room
Macdonald, Helen	H is for Hawk	Middle School Book Room
Ness, Patrick	A Monster Calls	Middle School Book Room
Ng, Celeste	Everything I Never Told You	<i>Main Library Fiction Section</i>
Niven, Jennifer	All the Bright Places	Middle School Book Room
Oliver, Lauren	Before I Fall	Middle School Book Room
Pan, Emily X.R.	The Astonishing Colour of	Middle School Book Room
Picoult, Jodi	My Sister's Keeper	<i>Main Library Fiction Section</i>
Reynolds, Jason	Long Way Down	Middle School Book Room
Rosen, Michael	Michael Rosen's Sad Book	Middle School Book Room
Sebold, Alice	The Lovely Bones	<i>Main Library Fiction Section</i>
Silvera, Adam	History is all You Left Me	Middle School Book Room
Thomas, Angie	The Hate You Give	Middle School Book Room

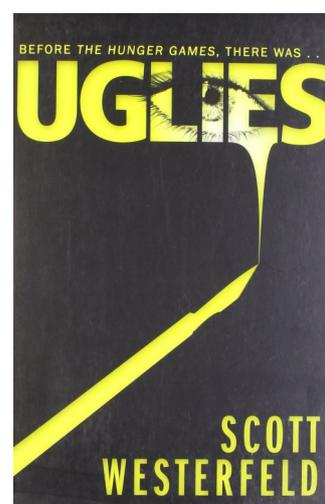
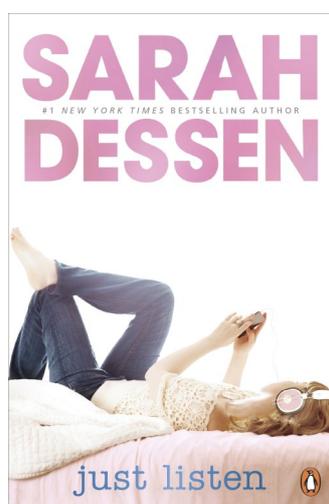
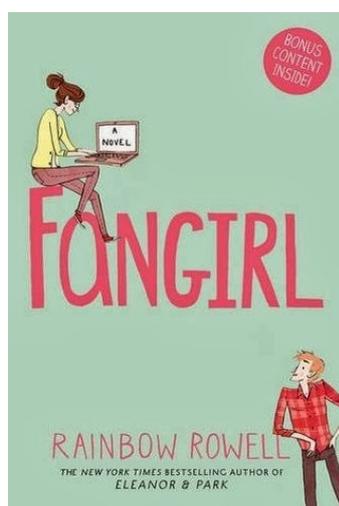
Growing-up & Body image

Non-Fiction (612.221)



AUTHOR	TITLE	DEWEY
Bailey, Jacqui	The girl files: All about puberty and growing up	612.221
Bailey, Jacqui	Sex, puberty and all the stuff	612.221
Collins-Donnelly, Kate	Banish your body image thief: A cognitive behavioural therapy workbook on building positive body image for young people	612.221
Hooper-Hodson, Alex	The boy files: Puberty, growing up and all that stuff	612.221
Hooper-Hodson, Alex	52 teen boy problems and how to solve them	612.221
Lask, Bryan	Can I tell you about eating disorders?	612.221
Long, Hayley	Being a girl	612.221
Meredith, Susan	What's happening to me	612.221
Morgan, Nicola	Body brilliant: A teenage guide to a positive body image	612.221

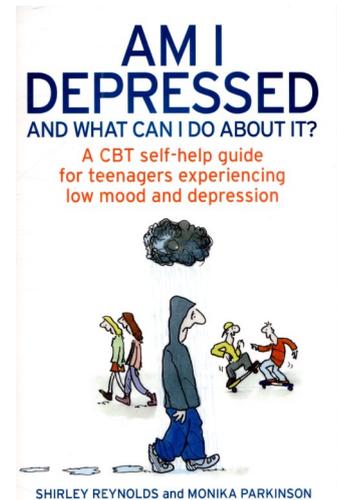
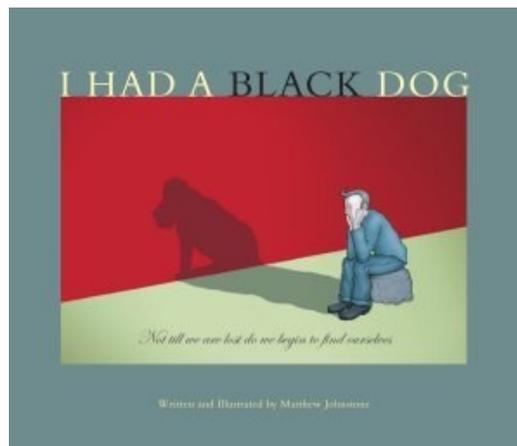
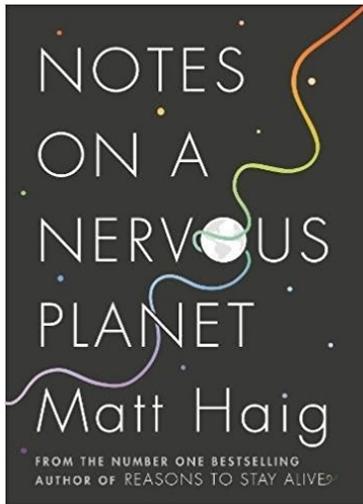
Growing-up & Body image Fiction books



AUTHOR	TITLE	LOCATION
Cherry, Alison	Red	<i>Main Library Fiction Section</i>
Blume, Judy	Are You There God? It's Me, Margaret	Middle School Book Room
Dessen, Sarah	Just listen	Middle School Book Room
Fairfield, Lesley	Tyranny	Graphic Novels
Keplinger, Kody	The Duff	Middle School Book Room
Manning, Sarra	You Don't Have to Say You Love Me	Middle School Book Room
McCourt, Frank	Angela's Ashes	920 McC
Rowell, Rainbow	Eleanor & Park	Middle School Book Room
Rowell, Rainbow	Fangirl	Middle School Book Room
Murphy, Julie	Dumplin'	<i>Main Library Fiction Section</i>
Murphy, Julie	Puddin'	<i>Main Library Fiction Section</i>
Westerfeld, Scott	Uglies	Middle School Book Room

Depression

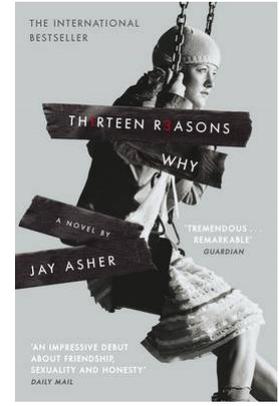
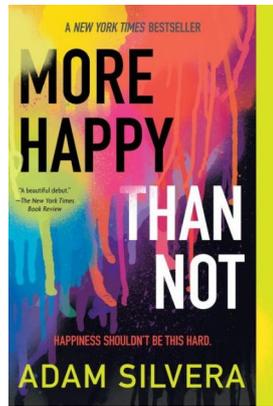
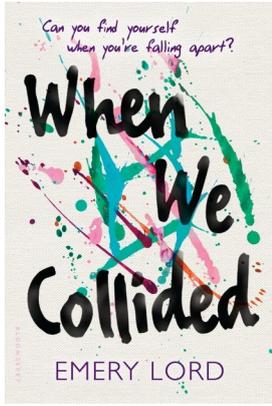
Non-Fiction (616.8)



AUTHOR	TITLE	DEWEY
Chander, Richy	What the hell just happened?!	616.8
Dijk, Sheri van	Don't let your emotions run your life for teens	616.8
Dowrick, Christopher	Can I tell you about depression?	616.8
Haig, Matt	Reasons to stay alive	616.8
Haig, Matt	Notes on a nervous planet	616.8
Johnstone, Matthew	I had a black dog	616.8
Naik, Anita	How to be a girl: The common sense guide to girlhood	616.8
Pelletier, Heather L.	Depression, Anxiety and Bipolar Disorders	616.8
November, Deena	I Just Hope It's Lethal: Poems of sadness, madness, and joy	616.8
Reynolds, Shirley	Am I depressed and what can I do about it?: A CBT self-help guide for teenagers experiencing low mood and depression	616.8

Depression

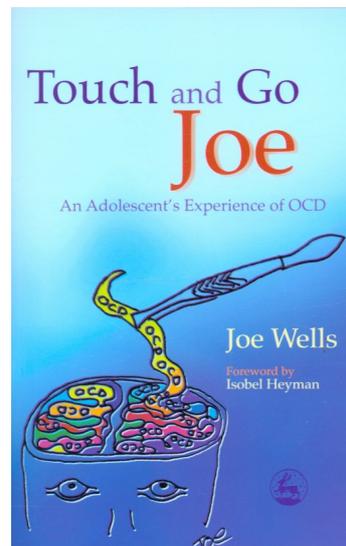
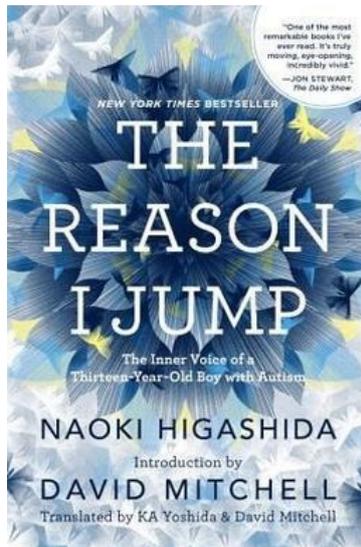
Fiction books



AUTHOR	TITLE	LOCATION
Anderson, Laurie Halse	Speak	Middle School Book Room
Anderson, Laurie Halse	Wintergirls	Middle School Book Room
Asher, Jay	Thirteen Reasons Why	<i>Main Library Fiction Section</i>
Brahmachari, Sita	Kite Spirit	Middle School Book Room
Chbosky, Stephen	The Perks of Being A Wallflower	<i>Main Library Fiction Section</i>
Gornall, Louise	Under Rose Tainted Skies	Middle School Book Room
Green, John	Paper Towns	Middle School Book Room
Forman, Gayle	I Was Here	<i>Main Library Fiction Section</i>
Fortunati, Karen	Weight of Zero	Middle School Book Room
Hutchinson, Shaun David	We Are The Ants	<i>Main Library Fiction Section</i>
Kaysen, Susanna	Girl, Interrupted	<i>Main Library Fiction Section</i>
Lord, Emery	When We Collided	<i>Main Library Fiction Section</i>
Maas, Sarah J.	A Court of Mist and Fury	Middle School Book Room
Niven, Jennifer	All The Bright Places	Middle School Book Room
Oliver, Lauren	Before I Fall	Middle School Book Room
Pan, Emily X.R.	The Astonishing Colour of After	Middle School Book Room
Rosen, Michael	Michael Rosen's Sad Book	Middle School Book Room
Salinger, JD	The Catcher in the Rye	<i>Main Library Fiction Section</i>
Shusterman, Neal	Challenger Deep	Middle School Book Room
Silvera, Adam	More Happy Than Not	<i>Main Library Fiction Section</i>
Vizzini, Ned	It's Kind of a Funny Story	Middle School Book Room
Wilson, Jacqueline	The Illustrated Mum	Middle School Book Room

Dyslexia / Autism / OCD

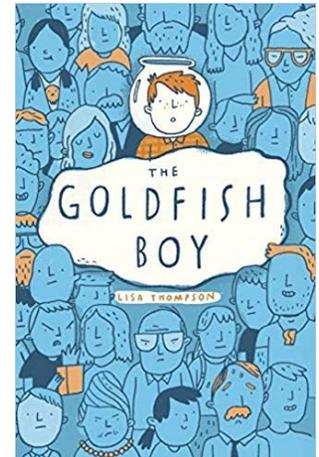
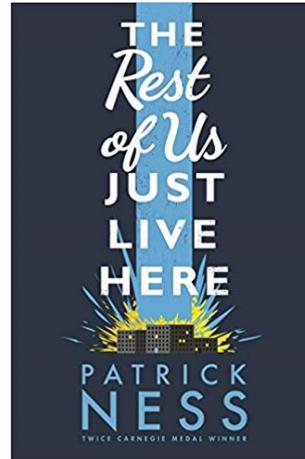
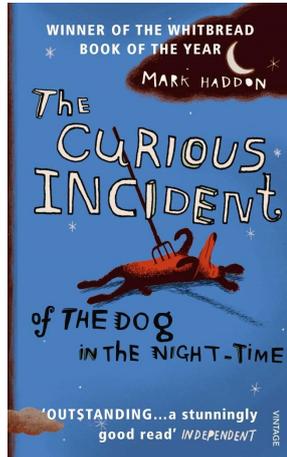
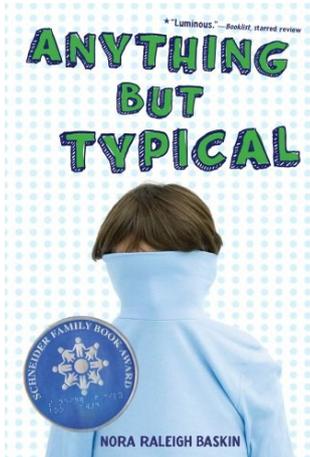
Non-Fiction (618.928)



AUTHOR	TITLE	DEWEY
Derisley, Jo	Breaking free from OCD: A CBT guide for young people and their families	618.928
Higashida, Naoki	The reason I jump: One boy's voice from the silence of autism	618.928
James, Laura	Odd girl out: An autistic woman in a neurotypical world	618.928
Jackson, Luke	Freaks, geeks and Asperger syndrome: A user's guide to adolescence	618.928
McNicholas, Ann-Marie	Dyslexia next steps for teens	618.928
Sherman, Heather L.	Autism and other Developmental Disorders	618.928
Wells, Joe	Touch and go Joe: An adolescent's experiences of OCD	618.928

Dyslexia / Autism / OCD

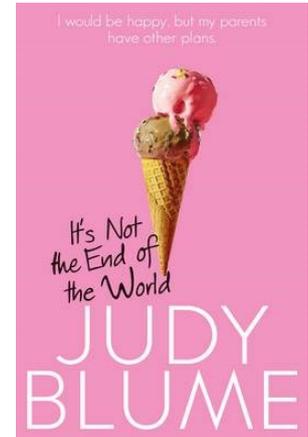
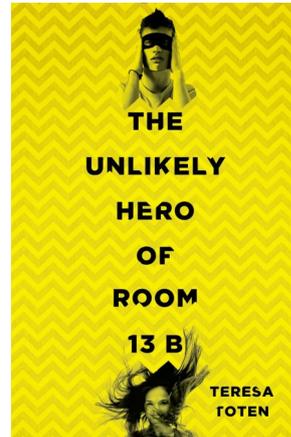
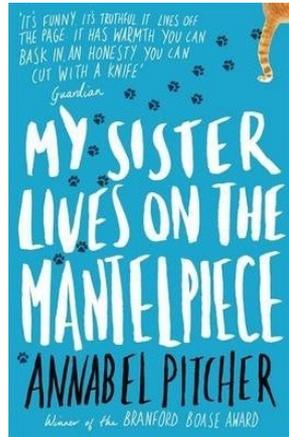
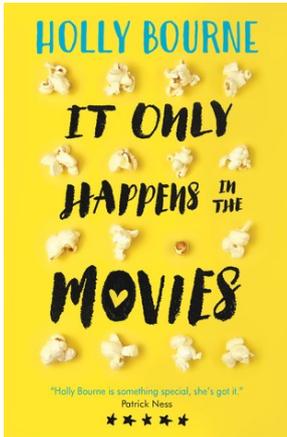
Fiction books



AUTHOR	TITLE	LOCATION
AUTISM		
Ashley, Miller	Colin Fischer	Middle School Book Room
Baskin, Nora Raleigh	Anything but Typical	Middle School Book Room
Erskine, Kathryn	Mockingbird	Middle School Book Room
Haddon, Mark	The Curious Incident of the	Middle School Book Room
Martin, Vicky	M is for Autism	Middle School Book Room
OCD		
Alkaf, Hanna	The Weight of our Sky	Middle School Book Room
Bourne, Holly	Am I Normal Yet?	Middle School Book Room
Green, John	Turtles all the Way Down	Middle School Book Room
Ness, Patrick	The Rest of Us Just Live Here	Middle School Book Room
Silvera, Adam	History is all you Left me	Middle School Book Room
Stone, Tamara Ireland	Every Last Word	Middle School Book Room
Thompson, Lisa	The Goldfish Boy	Middle School Book Room
Toten, Teresa	The Unlikely Hero of Room	Middle School Book Room
DYSLEXIA		
Hunt, Lynda	Fish in a Tree (Character with	Middle School Book Room
Riordan, Rick	The Lightning Thief – series	Middle School Book Room

Separation & Divorce

Fiction books



AUTHOR	TITLE	LOCATION
Arnold, David	Mosquitoland	Middle School Book Room
Blume, Judy	It's Not the End of the World	Middle School Book Room
Bourne, Holly	It Only Happens in the Movies	Middle School Book Room
Dessen, Sarah	That Summer	Middle School Book Room
Dessen, Sarah	What Happened to Goodbye	Middle School Book Room
Ibbotson, Eva	The Morning Gift	Middle School Book Room
Kinsella, Sophie	Finding Audrey	Middle School Book Room
Nielsen, Susin	We are all Made of Molecules	Middle School Book Room
Pitcher, Annabel	My Sister Lives on the Mantelpiece	Middle School Book Room
Toten, Teresa	The Unlikely Hero of Room 13B	Middle School Book Room
Townsend, Sue	The Secret Diary of Adrian Mole Aged 13 3/4	Middle School Book Room
Wilson, Jacqueline	Candy Floss	Middle School Book Room

Useful links

- **Empathy Lab**, <https://www.empathylab.uk/>
- **Mind—Information for Young People**,
<https://www.mind.org.uk/information-support/for-young-people/>
- **NHS—Bereavement and Young People**,
<https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/>
- **Reading Well—Books on Prescription**,
<https://reading-well.org.uk/books>
- **Relate**, <https://www.relate.org.uk/>
- **Young Minds**, <https://youngminds.org.uk/>

