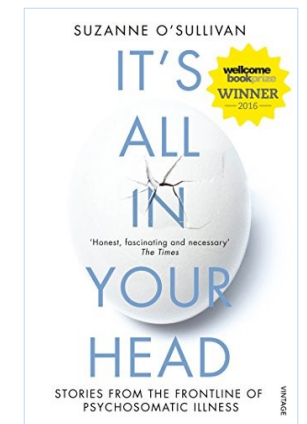
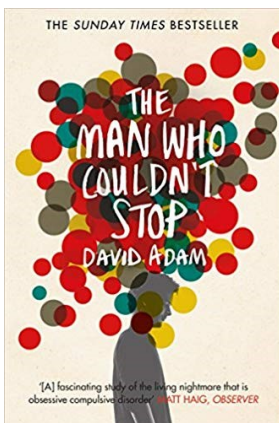
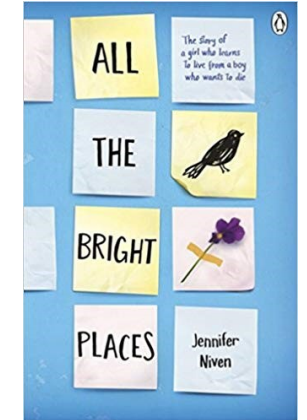
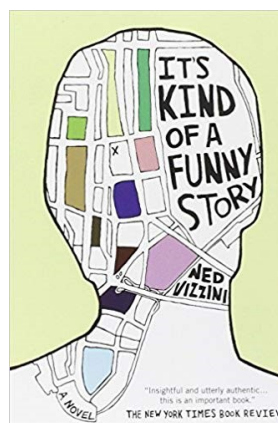
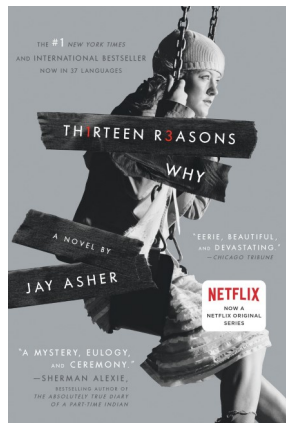
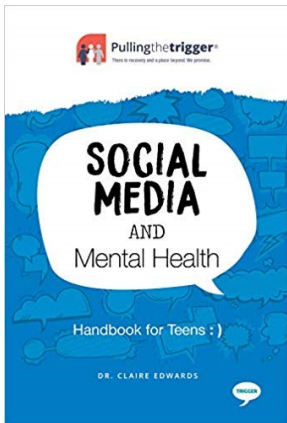
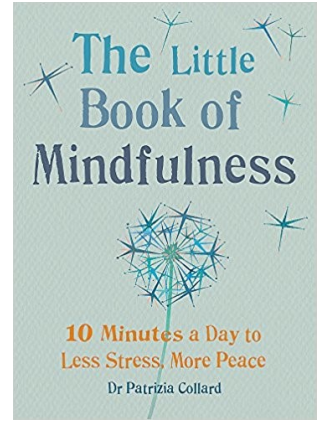
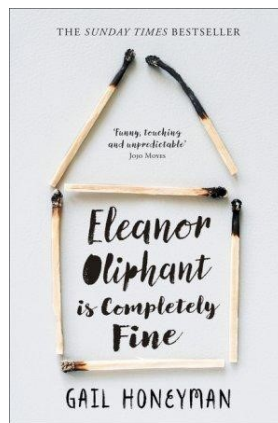
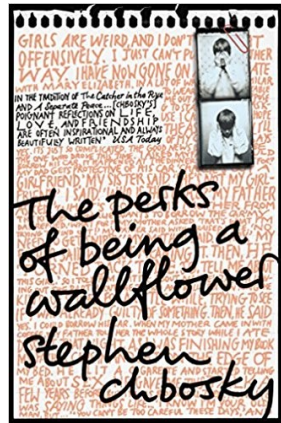
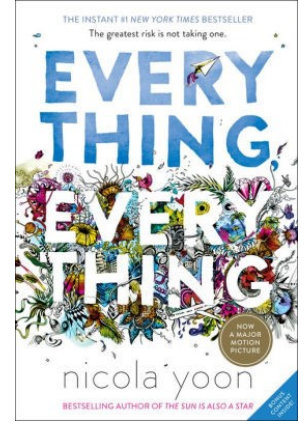
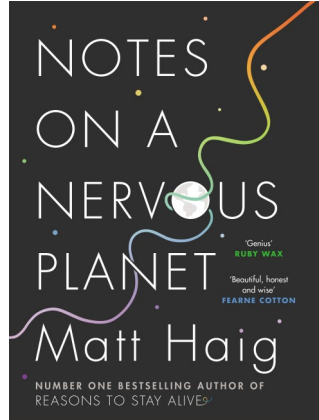
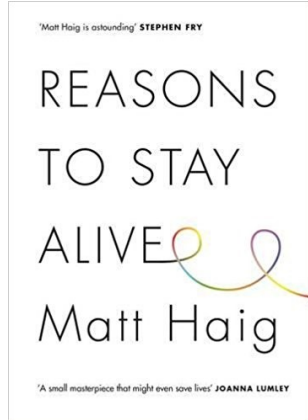
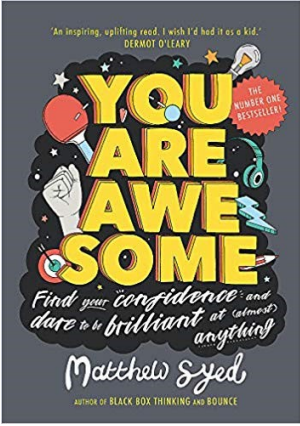
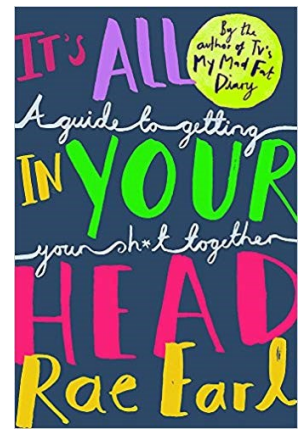


# 16

YA Mental Health Books  
You NEED to Read!



All available in your library.  
See staff for more recommendations.

Please turn over for more information on all these book.

*HAPPY* by Fearne Cotton

HAPPY offers practical ways of finding joy every day. With workbook elements and simple practical ideas and visualisations, these are daily tricks and reminders to help you unlock inner happiness. Suitable for all ages, particularly Year 9-11. (NF)

*You Are Awesome* by Matthew Syed

Inspiring and empowering you to find the confidence to realise your potential. There's no reason why anyone can't achieve anything when you try. Suitable for all ages, particularly Year 9-11. (NF)

*The Little Big Things* by Henry Fraser

Henry was a 17 when he broke his spinal cord and was left paralysed. Life as he knew it was over and yet, through extraordinary determination and a positive attitude, he has forged a successful career as an inspirational speaker and an artist. Suitable for all ages. (NF)

*Social Media and Mental Health* by Dr Claire Edwards

Outlines how and why social media can affect your mental health, and gives you tips on how to keep yourself safe online. Suitable for all ages, particularly Year 9-11. (NF)

*The Man Who Couldn't Stop* by David Adam

David has suffered from OCD for twenty years, and *The Man Who Couldn't Stop* is his unflinchingly honest attempt to understand the condition and his experiences. Suitable for Year 11 upwards. (NF)

*Reasons To Stay Alive* by Matt Haig

Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. Suitable for all ages, particularly Year 11 upwards. (NF)

*The Perks of Being a Wallflower* by Stephen Chbosky

Charlie is a freshman. And while he's not the biggest geek in the school, he is by no means popular. Shy, introspective, intelligent beyond his years yet socially awkward, he is a wallflower, caught between trying to live his life and trying to run from it. Suitable for all ages, particularly Year 9-11. (F)

*Thirteen Reasons Why* by Jay Asher

Clay discovers cassette tapes recorded by Hannah Baker - his classmate and crush. Only, she committed suicide two weeks earlier. On the first tape, Hannah explains that there are 13 reasons why she did what she did - and Clay is one of them. Suitable for all ages, particularly Year 9-11. (F)

*Notes On A Nervous Planet* by Matt Haig

Rates of stress and anxiety are rising. A fast, nervous planet is creating fast and nervous lives. *Notes on a Nervous Planet* is a personal and vital look at how to feel happy, human and whole in the twenty-first century. Suitable for all ages, particularly Year 11 upwards. (NF)

*Eleanor Oliphant is Completely Fine* by Gail Honeyman

Eleanor Oliphant is happy. Nothing is missing from her carefully timetabled life. Except, sometimes, everything. Suitable for all ages, particularly Year 9-11. (F)

*It's Kind of a Funny Story* by Ned Vizzini

At his new school, Craig realises that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away. The stress becomes unbearable and Craig stops eating and sleeping-until, one night, he nearly kills himself. Suitable for all ages. (F)

*It's All In Your Head—A guide to getting your sh\*t together* by Rae Earl

Rae says: As a teenager, I was very adept at hiding my OCD, my anxiety, my depression and my eating disorders. That's why I've written this book. Suitable for all ages, particularly Year 9-11. (NF)

*Everything Everything* by Nicola Yoon

Maddy is allergic to the world; stepping outside the sterile sanctuary of her home could kill her. But then Olly moves in next door and Maddy realises you only get one chance at first love. Suitable for all ages, particularly Year 9-11. (F)

*The Little Book of Mindfulness* by Dr Patrizia Collard

Simple 5 and 10-minute practices to bring into your day in order to free yourself from stress and, ultimately, find more peace in your life. Suitable for all ages. (NF)

*All the Bright Places* by Jennifer Niven

It's only with Violet that Finch can be himself - a weird, funny guy who's not such a freak after all. And it's only with Finch that Violet can forget to count away the days and start living them. Suitable for all ages, particularly Year 9-11. (F)

*It's All In Your Head—Stories from the frontline of psychosomatic illness* by Suzanne O'Sullivan

As many as a third of people visiting their GP have symptoms that are medically unexplained. In most, an emotional root is suspected which is often the last thing a patient wants to hear. Suitable for Year 11 upwards. (NF)