

Shelf Help



Recommended books in the school library on emotional well-being and mental health

Categories: J=Junior Fiction S=Senior Fiction A= Autobiography N=Non-fiction

Anxiety, Self-Esteem, Stress and Well-Being (including PTSD)		
Barnard, Sara	Beautiful Broken Things	J
Brooks, Kevin	Born Scared	J
Casale, Alexia	The Bone Dragon	J
Chbosky, Stephen	The Perks of Being a Wallflower	S
Collins-Donnelly, Kate	Starving the Anxiety Gremlin	N
Dawson, Juno	Mind Your Head	N
De Goldi, Kate	The 10p.m. Question	J
Donaldson, Julia	Running on the Cracks	J
Earl, Rae	It's All in your Head	N
Hipp, Earl	Fighting Invisible Tigers - stress management for teens	N
Johnstone, Matthew	Quiet on the Mind - an illustrated guide on how to meditate	N
Kinsella, Sophie	Finding Audrey	J
Morgan, Nicola	The Teenage Guide to Stress	N
Morgan, Nicola	Blame my Brain	N
Morgan, Nicola	Positively Teenage	N
Naik, Anita	Self Esteem and Being You	N
Nielsen, Susin	Optimists Die First	J
Pollock, Tom	White Rabbit, Red Wolf	J

Reichardt, Marisa	Under Water	J
Rowell, Rainbow	Fangirl	J
Sedley, Ben	Stuff that Sucks - accepting what you can't change and committing to what you can	N
Shannon, Jennifer	The Anxiety Survival Guide for Teens	N
Wolitzer, Meg	Belzhar	J
Autistic Spectrum Disorder		
Choldenko, Gennifer	Al Capone Does my Shirts (and sequels)	J
Critchley, Emma	Notes on My Family	J
Erskine, Kathryn	Mockingbird	J
Haddon, Mark	The curious incident of the dog in the night-time	S
Higashida, Naoki	The Reason I Jump	N
Jackson, Luke	Freaks, Geeks and Asperger Syndrome	N
Lucas, Rachael	The State of Grace	J
Nichols, Shana et al	Girls Growing Up on the Autism Spectrum	N
Packham, Chris	Fingers in the Sparkle Jar	A
Picoult, Jodi	House Rules	S
Simsion, Graeme	The Rosie Project (and sequel)	S
Slater, Kim	Smart	J
Sloan, Holly Goldberg	Counting by 7s	J

Bereavement and Terminal Illness		
Ainsworth, Eve	Tender	J
Avery, Lara	The Memory Book	J
Benwell, Sarah	The Last Leaves Falling	J
Brahmachari, Sita	Kite Spirit	J
Bryce, Celia	Anthem for Jackson Dawes	J
Creech, Sharon	Walk Two Moons	J
Downham, Jenny	Before I Die	J
Farrant, Nastasha	After Iris	J
Furniss, Claire	The Year of the Rat	J
Green, John	The Fault in Our Stars	J
Nelson, Jandy	The Sky is Everywhere	J
Ness, Patrick	A Monster Calls	J
Pitcher, Annabel	My Sister Lives on the Mantelpiece	J
Rossland, Ingeli	Minus Me	J
Bipolar Disorder		
Bourne, Holly	Are we all lemmings and snowflakes?	J
Brown, Susan Taylor	Hugging the Rock	J
Dhami, Narinder	Bang, Bang, You're Dead	J
Forney, Ellen	Marbles - a Graphic Memoir	N
Long, Hayley	Lottie Biggs is Not Mad (and sequels)	J
Niven, Jenny	All the Bright Places	J
Suzuma, Tabitha	A Note of Madness (and sequel)	J
Wilson, Jacqueline	The Illustrated Mum	J

Depression		
Breel, Kevin	Boy Meets Depression	N
Gliori, Debi	Night Shift	N
Kelly, Rachel	Black Rainbow	N
Monaque, Mathilde	Trouble in My Head	N
Plath, Sylvia	The Bell Jar	S
Vizzini, Ned	It's a Funny Kind of Story	J
Eating Disorders		
Anderson, Laurie H	Wintergirls	J
Barter, Constance	Mealtimes and Milestones	N
Dockrill, Laura	Big Bones	J
Fairfield, Lesley	Tyranny (graphic novel)	J
Halban, Emily	Perfect - Anorexia and Me	N
Haston, Meg	Paper Weight	J
Hennessy, Claire	Nothing Tastes as Good	J
Howard, Charli	Misfit	N
Price, Nora	Zoe Letting Go	J
Tucker, Nancy	The Time in Between	N
Valenzuela, Ali	Weighing it up	N
Wolf, Emma	An Apple a Day	N
Hyperkinetic Disorders / ADHD / ADD		

Quinn, P / Stern,M	Putting on the Brakes - understanding and taking control of your ADD or ADHD	N
Sutcliffe, William	Concentr8	J
LGBTQ+		
Albertalli, Becky	Simon vs the Homo Sapiens Agenda (also published as Love, Simon)	J
Banks, Iain M	The Wasp Factory	S
Bertie, Alex	Trans Mission - my quest to a beard	N
Brown, Rita Mae	Rubyfruit Jungle	S
Brugman, Alyssa	Alex as Well	J
Clarke, Cat	Falling	J
Danforth, Emily M	The Miseducation of Cameron Post	J
Dawson, James	All of the Above	J
Dawson, James	This Book is Gay	N
Donoghue, Emma	Kissing the Witch: Old Tales in New Skins	S
Ehrlich, Robert	Eight Preposterous Propositions	N
Forster, E M	Maurice	S
Green, J/Levithan, D	Will Grayson, Will Grayson	J
Hennessy, Claire	Like Other Girls	J
Kessler, Liz	Read me Like a Book	J
Levithan, David	Boy Meets Boy	J
Levithan, David	Two Boys Kissing	J
Long, Hayley	What's Up With Jody Barton	
Nelson, Jandy	I'll Give You the Sun	J
Ness, Patrick	More Than This	J
Ness, Patrick	Release	J

Nicholls, Sarah	Things a Bright Girl Can Do	J
Nielsen, Susin	We are all Made of Molecules	J
Packham, Simon	Only We Know	J
Rosoff, Meg	What I Was	J
Russo, Meredith	If I was Your Girl	J
Sutcliffe, Lucy	Girl Loves Girl	A
Waters, Sarah	Fingersmith	S
Waters, Sarah	Tipping the Velvet	S
Wilkinson, Lilli	Pink	J
Williamson, Lisa	The Art of Being Normal	J
Wilson, Jacqueline	Kiss	J
Winterson, Jeanette	Oranges are not the Only Fruit	S
Winterson, Jeanette	Why be Happy When You Could be Normal?	A
Woolf, Virginia	Orlando	S
OCD and Phobias		
Adam, David	The Man who Couldn't Stop Washing	N
Bourne, Holly	Am I Normal Yet?	J
Curtis, Vanessa	Zelah Green, Queen of Clean (and sequels)	J
Dhami, Narinder	13 Hours	J
Gornall, Louise	Under Rose-Tainted Skies	J
Green, John	Turtles all the way down	J
Ness, Philip	The Rest of us Just Live Here	J
Thompson, Lisa	The Goldfish Boy	J
Schizophrenia / Psychosis		

Filer, Nathan	The Shock of the Fall	S
Frame, Janet	An Angel at my Table	A
Hearn, Julie	Rowan the Strange	J
Hood, Kim	Finding a Voice	J
Lake, Nick	Whisper to Me	J
	Selective Mutism	
Barnard, Sara	A Quiet Kind of Thunder	J
Benjamin, Ali	The Thing About Jellyfish	J
Jarratt, Laura	Louder than Words	J
Pitcher, Annabel	Silence is Goldfish	J
Smy, Pam	Thornhill	J
Winter, Tamsin	Being Miss Nobody	J
	Self-Harm	
Ainsworth, Eve	Damage	J
Bourne, Holly	The Manifesto on How to be Interesting	J
Earle, Phil	Saving Daisy	J
Scott, Celan	On a scale of One to Ten	J