

Reading Well

for

Teens



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

The need for this book collection

- During lockdown, almost **1 in 2** young people did not feel in control of their lives, and **1 in 3** young people felt overwhelmed by panic and anxiety on a daily basis.
- **4 in 5** young people reported the pandemic made their mental health worse.
- **8 in 10** young people agreed the pandemic had increased feelings of anxiety and isolation.

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



Healthy Minds



Be Resilient: How to Build a Strong Teenage Brain for Tough Times

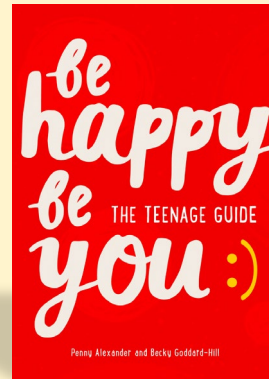
Nicola Morgan

PB: 9781406399257

EB: 9781529501780

From building a support network to building optimism, find positive, practical advice for preparing for, coping with and bouncing back from the toughest of times. Authoritative and backed by the latest science, this is a reassuring companion for teenagers everywhere.

Walker books



Be Happy Be You: The Teenage Guide to Boost Happiness and Resilience

Penny Alexander & Becky Goddard-Hill

PB: 9780008367565

This positive and insightful guide gives you the tools to build your confidence, eliminate negative feelings and boost happiness in all areas of your life. Being a teenager has its own unique challenges, but it's also the perfect time to shape your own mental wellbeing and happiness. There are tons of ideas to try from creating an anxiety toolkit, to planning a digital detox and meditating, plus you'll learn the science behind why they work. Carry out the activities by yourself or with family and friends and take your happiness into your own hands!

Collins



You Can Change the World!

Margaret Rooke

illustrated by Kara McHale

PB: 9781785925023

EB: 9781784508975

If you want to achieve against the odds and create genuine impact, this book may be the encouragement you need. The interviews cover race, sexuality, violence, grief, neurodiversity, bullying and other issues central to life today.

Jessica Kingsley Publishers



One in a Hundred Thousand

Linni Ingemundsen

PB: 9781474940641

EB: 9781474971256

Fifteen-year-old Sander wishes he was like everyone else. But Sander has a rare medical condition that affects one in a hundred thousand people. It means his growth is stunted, and it seems the biggest, strongest and loudest guys get all the attention. But Sander notices the little things other people miss, and he's about to make a big impact...

Usborne

Healthy Minds: digital resources

Childline

W: childline.org.uk

Information, tips and techniques, ideas and inspiration to help anyone under 19 in the UK feel more in control. Cover a wide range of topics that affect children and young people including bullying, body and body image, feelings, relationships and school, college and work. *Content available in Welsh.*



Every Mind Matters (NHS)

W: nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health

Advice and practical tips to help young people look after their mental health and wellbeing. Topics covered include exercise, sleep and how to take care of yourself on social media.



Young Minds

W: youngminds.org.uk

Supports children and young people on their mental health including practical tips and advice from young people, as well as information on getting support. Cover a wide range of topics including conditions, feelings, coping with life and supporting friends. Also provide information for parents and those working with young people.



On My Mind (Anna Freud National Centre for Children and Families)

W: annafreud.org/on-my-mind

Information co-produced with young people to empower young people to make informed choices about their mental health and wellbeing. Cover a wide range of topics including LGBTQI+ mental health, self-care, loss and bereavement, social media and supporting others. *Content available in Welsh.*



The Mix

W: themix.org.uk

Support and information for under 25s on any challenges they may be facing. Cover a wide range of topics including sex and relationships, body image, mental health, money and work and study. *Translation into Welsh is available via Google Translate.*



Mind

W: mind.org.uk/information-support/for-children-and-young-people

Information and advice on mental health for young people aged 11-18. Topics covered include understanding mental health and wellbeing, feelings and experiences, looking after yourself and rights.

Content available in Welsh (mind.org.uk/cy/gwybodaeth-a-chefnogaeth)



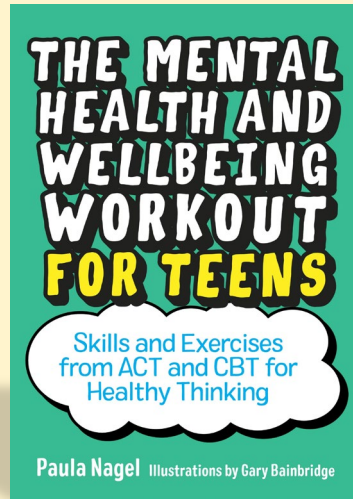
Talk to Frank

W: talktofrank.com

Honest information about drugs, including facts about drugs and what to do if you're concerned about someone.



Managing Feelings



The Mental Health and Wellbeing Workout for Teens

Paula Nagel

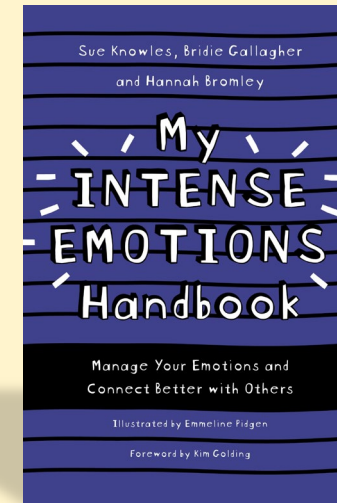
illustrated by Gary Bainbridge

PB: 9781785923944

EB: 9781784507534

This easy-to-understand, engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic techniques, readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and wellbeing.

Jessica Kingsley Publishers



My Intense Emotions Handbook

Bridie Gallagher, Sue Knowles & Hannah Bromley

illustrated by Emmeline Pidgen

PB: 9781787753822

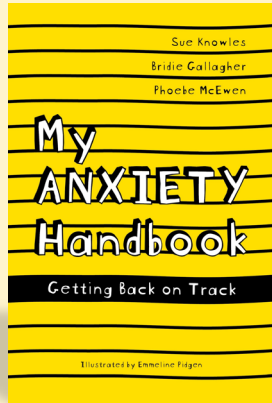
EB: 9781787753839

This is a guide to the emotional and interpersonal issues you may encounter as a young adult, packed with advice and real-life stories of hope and resilience from people in similar situations.

Jessica Kingsley Publishers

Managing Feelings

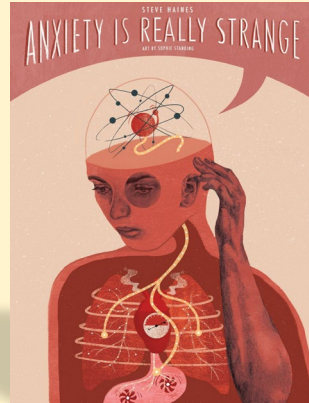
Anxiety and Depression



My Anxiety Handbook
Bridie Gallagher, Sue Knowles & Phoebe McEwan
illustrated by Emmeline Pidgen

PB: 9781785924408
EB: 9781784508135

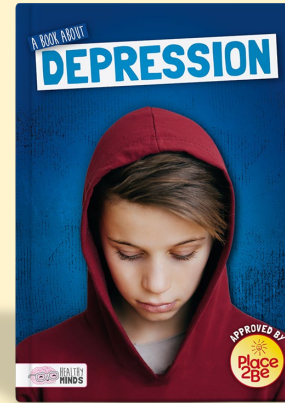
Helping young people with anxiety learn to recognise and manage their symptoms, this anxiety survival guide teaches young people aged 10+ how they can overcome their biggest worries. With practical chapters on sleep, exam stress, transitions, and seeking extra help, this is a go-to guide for any tween, teen or young person living with anxiety.
Jessica Kingsley Publishers



Anxiety is Really Strange
Steve Haines
illustrated by Sophie Standing

PB: 9781848193895
EB: 9780857013453

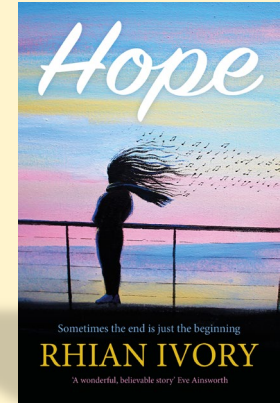
In this guide, anxiety is explained in an easy-to-understand, engaging graphic format with tips and strategies to relieve its symptoms, and change the mind's habits for a more positive outlook.
Jessica Kingsley Publishers



Depression (A Book About)
Holly Duhig
illustrated by Danielle Webster-Jones

PB: 9781786373410
EB: 9781839275548

This informative and supportive series explores in detail some common mental health issues affecting the lives of children today. Working to tackle and destigmatise mental health issues these creative and factual titles explore depression. Readers can learn about causes symptoms and practical coping strategies including mindfulness talking therapies and when to seek professional help.
Booklife Publishing



Hope
Rhian Ivory

PB: 9781910080627
EB: 9781910080634

The summer between school and sixth-form. When Hope doesn't get into drama college, and her friends do, all her plans fall apart. She's struggling with anger, grief for her father and a sense that her own body is against her. She meets Riley on the ferry and his texts give her someone to talk to. But this isn't a story about a boy fixing everything. It's about trying new things and having the courage to ask for help.
Firefly

Managing Feelings: digital resources

Stem4 Clear Fear

W: clearfear.co.uk



Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and used the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

Available on Google Play and AppStore

Stem4 Move Mood

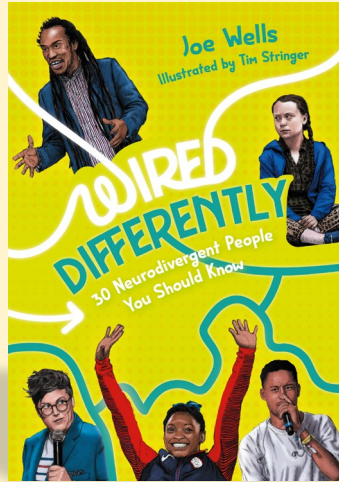
W: movemood.co.uk



Move Mood is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment Behavioural Activation Therapy to help you improve your mood by encouraging you to increase your motivation to carry out a variety of tasks in order to help you move forward, take control and feel positive.

Available on Google Play and AppStore

Neurodiversity



Wired Differently – 30 Neurodivergent People You Should Know

Joe Wells

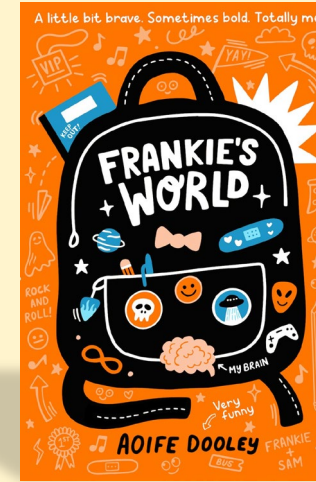
illustrated by Tim Stringer

PB: 9781787758421

EB: 9781787758438

Showcasing these 30 incredible people, the extraordinary stories in this book show that the things they've achieved, created and inspired they did not despite being different but because they are different. From politicians, activists and journalists to YouTubers, DJs and poets, this book highlights a wide range of exciting career paths for neurodivergent readers.

Jessica Kingsley Publishers



Frankie's World

Aoife Dooley

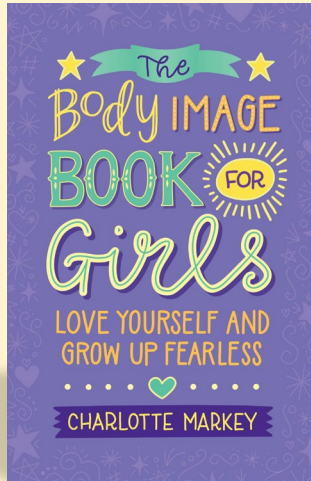
PB: 9780702307355

EB: 9780702307362

Frankie knows she's not like anyone else in her class: she's different, but she can't quite figure out why. Is it the new freckle on her nose, or the fact she's small for her age? Or that she has to go to the hospital sometimes? Everyone else seems to think she's weird too, and they make fun of her at school. Frankie's dad left when she was a baby – maybe he was different too? It would explain why she always feels like an alien. So she and her best-friend Sam, embark on a mission to track him down. A graphic novel offering a unique perspective on Autism, told with humour and heart. Brought to life with glorious colour artwork in a distinctive blue and orange palette.

Scholastic

Body Image

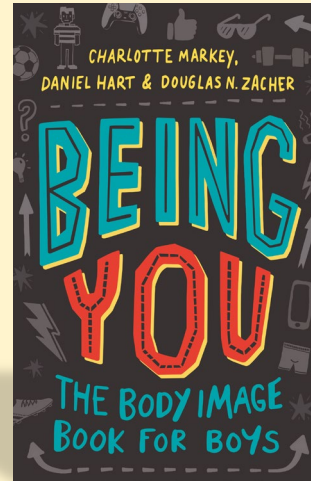


The Body Image Book for Girls: Love Yourself and Grow Up Fearless *Charlotte Markey*

PB: 9781108718776

Through this easy-to-read and beautifully illustrated guide, Dr Markey teaches girls how to nurture both mental and physical health to improve their own body image, shows the positive impact they can have on others, and enables them to go out into the world feeling fearless!

Cambridge University Press

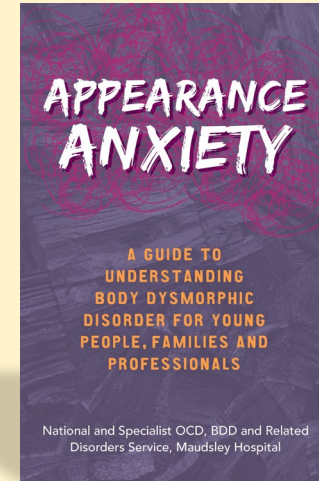


Being You: The Body Image Book for Boys *Charlotte Markey, Daniel Hart & Douglas Zacher*

PB: 9781108949378

Easy-to-read, evidence-based guide to developing a positive body image for boys aged 12+. It covers all the facts on puberty, diet, exercise, self-care, mental health, social media, and everything in-between. Boys will find answers to the questions most on their mind, the truth behind many diet and exercise myths, and real-life stories from other boys.

Cambridge University Press



Appearance Anxiety *National and Specialist ODC, BDD and Related Disorders Service, Maudsley Hospital*

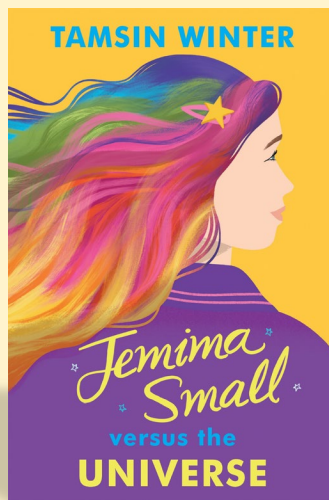
PB: 9781785924569

EB: 9781784508326

The first book for teens that explains the causes and impact of body dysmorphic disorder (BDD). The book is interspersed with accounts and artwork from young people with BDD, along with perspectives of their families. BDD is a debilitating mental health disorder, and this book gives advice on treatment including CBT and medication, and shows where to get help.

Jessica Kingsley Publishers

Body Image continued



Jemima Small Versus the Universe

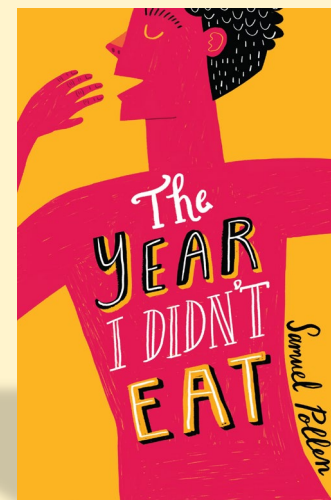
Tamsin Winter

PB: 9781474927284

EB: 9781474954839

A sympathetic and honest portrayal of a very intelligent young girl's struggle with how she is seen by others and how some people treat her and judge her because of her being overweight, and it's written from the first-person point of view so we really see how she feels, how she is affected by people's words and the actions of those around her.

Usborne



The Year I Didn't Eat

Samuel Pollen

illustrated by Sophie Beer

PB: 9781999863357

EB: 9781916204270

14-year-old Max only has one person he can really talk to. Her name is Ana - also known as anorexia, his eating disorder. Max writes to Ana every day. She feeds on his fears, encouraging him to lose more and more weight. In the midst of a family crisis, Max's eating disorder quickly deteriorates. Ana pulls him further and further away from his family and friends, until he feels totally alone. Can anyone help him find a way out? Drawing on debut author Samuel Pollen's own experiences, this is an unforgettable, uplifting story of one boy's battle with anorexia.

ZunTold

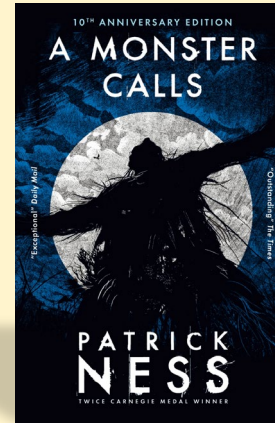
Understanding Bereavement and Loss



You Will Be Okay
Julie Stokes

PB: 9781526363893

The death of a parent, sibling or friend is one of the most traumatic experiences for a child or young person and it can be hard to know how to talk to them about it. In this honest, comforting and strength-building guide Julie Stokes, a clinical psychologist and founder of childhood bereavement charity Winston's Wish, provides readers with the tools they need to navigate this tough and turbulent time.
Hachette



A Monster Calls
Patrick Ness

PB: 9781406361803
EB: 9781406345834

Conor has the same dream every night, ever since his mother first fell ill, ever since she started the treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window. It's ancient, elemental, a force of nature. And it wants the most dangerous thing of all from Conor. It wants the truth. Patrick Ness takes the final idea of the late, award-winning writer Siobhan Dowd and weaves an extraordinary and heartbreaking tale of mischief, healing and above all, the courage it takes to survive.
Walker Books



When Shadows Fall
Sita Brahmachari
illustrated by Natalie Sirett

PB: 9781788954365
EB: 9781867581574

Kai, Orla and Zak grew up together, their days spent on the patch of wilderness in between their homes, a small green space in a sprawling grey city. Music, laughter and friendship bind them together and they have big plans for their future – until Kai's family suffers a huge loss. Trying to cope with his own grief, as well as watching it tear his family apart, Kai is drawn into a new and more dangerous crowd, until his dreams for the future are a distant memory. Excluded from school and retreating from his loved ones, it seems as though his path is set, his story foretold. Orla, Zak and new classmate Om are determined to help him find his way back.
Little Tiger

Understanding Bereavement and Loss: digital resources



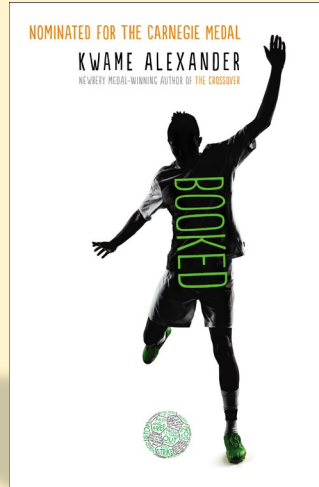
Apart of me

W: apartofme.app

Apart of Me is a game designed to help young people who have lost a parent or close relative, or have someone important in their life with a terminal illness. The game is aimed at young people aged 11+.

Available on Google Play and AppStore

Learning about Life



Booked

Kwame Alexander

PB: 9781783444656

EB: 9781448188420

A novel written in verse, flowing freely and smoothly, reading perfectly naturally. Poet and author Kwame Alexander skilfully tells the story of Nick Hall, a clever, articulate, football loving youngster. Everything is rosy for Nick, until his mum leaves, and then one by one other things start to go wrong in his life. He has to learn to live through some painful experiences, including parental divorce, bullying at school, unreasonable expectations from his dad, and unrequited love.

Andersen Press



Stay a Little Longer

Bali Rai

PB: 9781781128329

Aman's dad is gone, leaving her feeling lost and alone. She struggles to talk about it, but it's a fact and he isn't coming back. When a lovely man called Gurnam moves in to her street and saves Aman from some local bullies, he and Aman quickly become friends, perhaps even like family. But Gurnam has his own sadness. One that's far bigger than Aman can understand, and it's tearing his life apart. Particularly suitable for struggling, reluctant or dyslexic readers aged 13+.

Barrington Stoke Ltd

Learning about Life

Boost your Confidence



Social Anxiety Relief for Teens
Bridget Flynn Walker

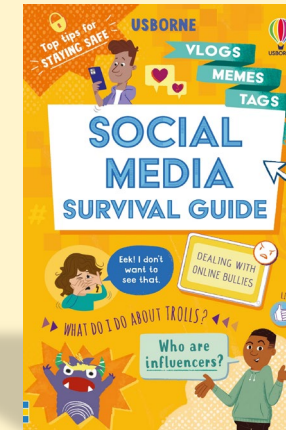
PB: 9781684037056

EB: 9781684037070

Social anxiety is a serious-yet often overlooked-form of anxiety commonly experienced by teens. If left untreated, it can lead to a significantly increased risk of developing depression and even addiction in adulthood. In Social Anxiety Relief for Teens, Bridget Flynn Walker presents a five-step cognitive behavioural therapy (CBT) program to help teens gain confidence and stop living in fear of social situations.

Little, Brown

Surviving Online



Social Media Survival Guide
Holly Bathie

illustrated by Kate Sutton

PB: 9781474999267

Packed with entertaining illustrations alongside practical information, the Social Media Survival Guide answers questions about all aspects of social media - the good AND the bad - making it a must-have tool for young people (and parents) to help navigate the online world safely and confidently and learn the best approaches to taking care of themselves.

Usborne

Sexuality, Gender and Mental Health



Coming Out Stories
Emma Goswell & Sam Walker

PB: 9781787754959
EB: 9781787754966

Based on the hugely popular Coming Out Stories podcast, this empowering, humorous and deeply honest book invites you to share one of the most important moments in many LGBTQ+ people's lives.

Jessica Kingsley Publishers

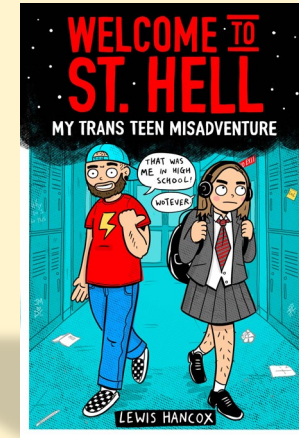


Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health
Alexis Caught

PB: 9781406399226
EB: 9781529508772

In this empowering and uplifting book, award-winning podcaster Alexis Caught sets out to help queer and curious teenagers explore their LGBTQ+ identity and understanding. Alongside the author's personal experiences are first-hand stories from notable LGBTQ+ figures, providing a inclusive account of what it means to grow up queer. With chapters on questioning, coming out, friends and family, love, sex, shame, pride and allyship, this is insightful, thoughtful and reassuring book is essential reading for any questioning teen and their allies looking to support them.

Walker Books



Welcome to St Hell: My Trans Teen Misadventure
Lewis Hancox

PB: 9780702313905
EB: 9780702316654

In Welcome to St Hell, author-illustrator Lewis Hancox takes readers on the hilarious, heartbreaking and healing path he took to make it past trauma, confusion, hurt and dubious fashion choices in order to become the man he was meant to be.

Scholastic

E-lending

Many of the Reading Well titles are available to download as e-books and audiobooks for FREE via your library's e-lending service

1. Visit your local library website to find out how to join the library and access books electronically.
2. You can then download Libby by Overdrive, Borrow Box or Cloud Library as an e-lending app, to use on your phone or in your browser.

Find your local library online [HERE](#)

Libby by OverDrive



Borrow Box



Cloud Library





What if I need more help?

Young Minds | [youngminds.org.uk](https://www.youngminds.org.uk)

Text YM to 85258 for free, 24/7 support

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



Anna Freud
National Centre for
Children and Families

childline

Childline | [childline.org.uk](https://www.childline.org.uk)

0800 1111

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

Anna Freud National Centre for Children and
Families | [annafreud.org/on-my-mind](https://www.annafreud.org/on-my-mind)

AFC Crisis Messenger: Text **AFC to 85252**

Information, advice and resources to help young people support their own mental health. Free, confidential, 24/7 service for anyone feeling overwhelmed or struggling to cope.

Emergency services | Call 999

If you are concerned that your life or the life of someone else is in danger, you can call 999 anywhere in the UK for an ambulance, police, fire brigade or any other emergency service any time of the day or night.

**THE
READING
AGENCY**

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readingwell@readingagency.org.uk

