

Good Mental Health Booklist 2019



Bourne, Holly – Am I Normal Yet?

T+

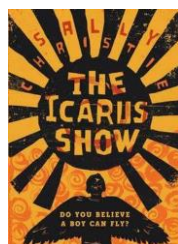
Evie just wants to be "normal" while she struggles with OCD. An honest portrayal of OCD within a great story.



Brahmachari, Sita – Worry Angels

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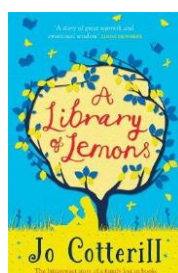
This hi lo read deals with anxiety issues and opening up to others.



Christie, Sally – The Icarus Show

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Looks at issues of bullying at school and loneliness and contains some desperate behaviour but things are resolved at the end.



Cotterill, Jo – A Library of Lemons

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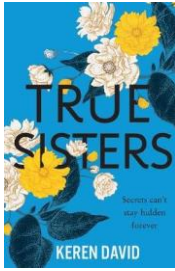
An uplifting read. Calypso looks after her father as he sinks into depression. A new friend at school helps her to realise that others can help.



David, Keren – Cuckoo

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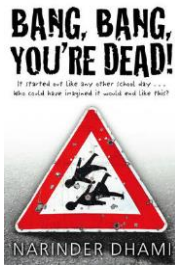
Jake wants a place where he fits – not easy with his dysfunctional family.



David, Keren – True Sisters

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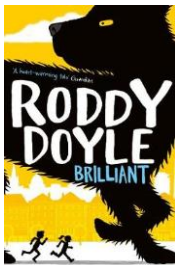
Hi lo story about being in a foster family, being gay and coping with life.



Dhami, Narinder – Bang, Bang, You're Dead!

T

A gripping read, in which Mia's mental health impacts the rest of the plot.



Doyle, Roddy – Brilliant

CF

A funny book on a serious subject - depression. Useful for sparking debates on this mental illness.



Evans, Ann – Living the Lie

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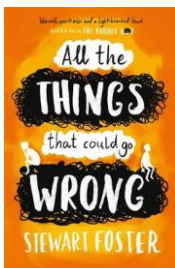
Hi lo story of a girl who is trying to keep her mother's mental health a secret from her friends.



Fitzgerald, Sarah Moore – The Apple Tart of Hope

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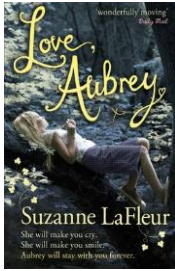
A missing boy is presumed to have committed suicide. His friends have to come to terms with that and reflect on what they had.



Foster, Stewart – All the Things that could go Wrong

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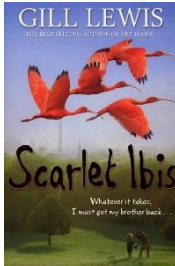
Uplifting story of two boys, one with OCD, having to spend their summer together.



LaFleur, Suzanne – Love Aubrey

Deals with bereavement and abandonment but also is strangely uplifting. Younger read though contains big issues.

T



Lewis, Gill – Scarlet Ibis

Story of a young carer with a difficult family situation, including a Mum with mood swings and depression.

CF



Lindstrom, Eric – Tragic Kind of Wonderful

Bipolar disorder is well portrayed in this book about friendship and acceptance.

T+



MacPhail, Cathy – Devil you know

A gripping tale with a twist, involving a main character with mental health issues.

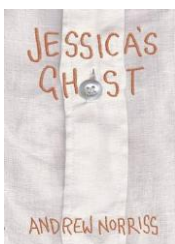
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Norriss, Andrew – Mike

A moving story addressing the feeling of being on the wrong path.

T+



Norriss, Andrew – Jessica's Ghost

Frances has always felt different and comes alongside others who feel the same in this story which addresses some difficult issues in a positive way.

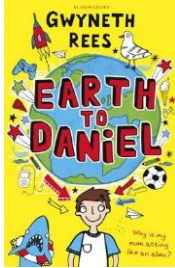
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Pratt, Non – Second Best Friend

Irrational jealousy threatens to destroy a friendship in this hi lo read.

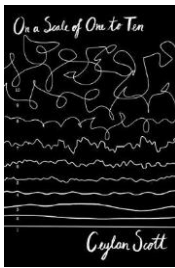
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Rees, Gwyneth – Earth to Daniel

The light style of this book covers a moving read about a boy who has to cope with his Mum's re-emerging mental illness.

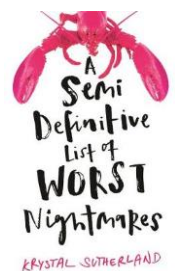
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Scott, Ceylan – On a Scale of One to Ten

Tamar is admitted to a psychiatric unit after the death of her friend from suicide. Hard hitting but eye opening.

T+



Sutherland, Krystal – A Semi Definitive list of Worst Nightmares

Esther has to confront her fears when an old friend finds a list of them and challenges her.

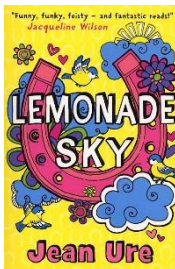
T+



Thompson, Lisa – The Goldfish Boy

When something happens next door, Matthew, who has OCD, must turn detective to help.

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Ure, Jean – Lemonade Sky

Ruby has to look after her sisters when her Mum is unable to cope with her bipolar.

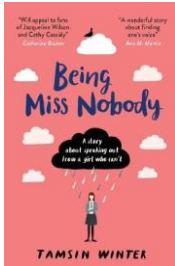
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Westcott, Rebecca – Violet Ink

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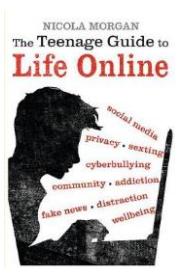
Izzy adores older sister Alex but then Alex falls off her pedestal. A readable look at finding out who you really are and being yourself.



Winter, Tamsin – Being Miss Nobody

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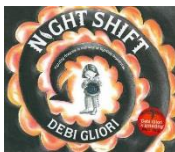
Rozzie is a Selective Mute and struggling with fitting in at school in Year 7. Deals with bullying and feelings of being very alone



Morgan, Nicola – The Teenage Guide to Life Online

004

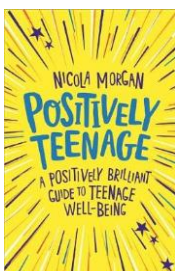
Award winning author gives clear guidance on life online and the affect it has on our wellbeing.



Glori, Debi – Night Shift

152

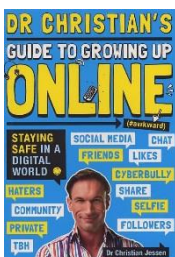
This picture book uses pictures to portray what it is like to live with depression.



Morgan, Nicola – Positively Teenage

362.2

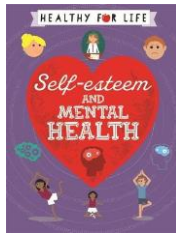
Clear book with plenty of positive strategies for good mental and physical health.



Jessen, Christian – Dr Christian's Guide to Growing Up Online

363.1

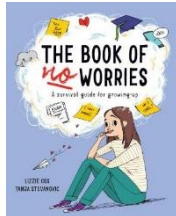
Great guidance for young people on staying safe online, and therefore encouraging good mental health.



Claybourne, Anna – Self-esteem and Mental Health

612.6

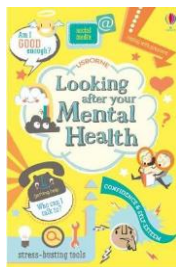
A good starter for explaining mental health issues in an easy way.



Cox, Lizzie – The Book of No Worries

612.6

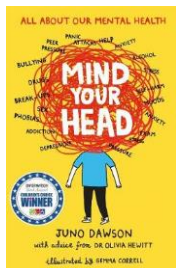
Non-fiction covering all the topics that might cause stress or anxiety in young people.



James, Alice – Looking after your Mental Health

616.8

Good mental health guidance for everyone, whether in a crisis or not.



Dawson, Juno – Mind Your Head

616.8

A well written book covering all the mental issues that teenagers deal with without shying away from the facts.

Y = Picture Book/ P = KS2 Picture Book
M = Beginner Readers / N = Developing Readers
CF = Children's Fiction
T = Younger Teen Reads/T+ = Older Teen Reads

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