

Reading Well for Young People

In April 2016, North Tyneside Libraries, in partnership with the Reading Agency, launched Reading Well for Young People, a collection of books to support young people dealing with a range of mental health issues.

This is a national scheme and underpins the Universal Health Offer which advocates the role of libraries in contributing to the health and well-being of local people.

There is an enormous need for quality assured mental health information and advice for young people – the number of 15-16 year olds reporting that they frequently feel anxious or depressed has doubled in the last 30 years.

Reading Well for Young People has a recommended reading list of 35 books, selected by mental health professionals, young people and mental health organisations and charities. It targets 13 to 18 year olds with a focus on early intervention and prevention - helping them to understand and manage their wellbeing and emotional resilience.

The collection comprises 35 titles with a mix of fiction and non fiction titles. Books include information and advice on common conditions such as anxiety, depression, autism, mood swings, eating disorders and self harm, as well as difficult life experiences, eg bullying and school/exam pressure. They can be recommended by GPs, school nurses, counsellors and mentors.

Special collections of the books are available at North Tyneside Customer First Centres in Wallsend, Whitley Bay, North Shields and Killingworth and 16 of the titles are available as e-books through North Tyneside Libraries.

To access the eBook collection customers need a compatible e-reader and a computer, a tablet or a smartphone. Kindles are not compatible with this service.

Log on at: <https://northtyneside.overdrive.com>

Titles included in the Reading Well for Young People collection:

1. **Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can** by Ben Sedley (Robinson, Little Brown)
2. **Mind Your Head** by Juno Dawson (Hot Key Books)
3. **The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!** by The Self-Esteem Team (John Blake Publishing)
4. **Blame My Brain: The Amazing Teenage Brain Revealed** by Nicola Morgan (Walker Books)
5. **Quiet the Mind** by Matthew Johnstone (Robinson, Little, Brown)
6. **I'll Give You the Sun** by Jandy Nelson (Walker Books)
7. **Kite Spirit** by Sita Brahmachari (Macmillan Children's Books)

8. **House of Windows** by Alexia Casale (Faber)
9. **Every Day** by David Levithan (Electric Monkey, Egmont)
10. **Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD** by Patricia Quinn and Judith Stern (Magination Press, American Psychological Association)
11. **My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic** by Michael Tompkins and Katherine Martinez (Magination Press, American Psychological Association)
12. **The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry and Panic** by Jennifer Shannon (New Harbinger Publications, Little, Brown)
13. **The Shyness and Social Anxiety Workbook for Teens** by Jennifer Shannon (New Harbinger Publications, Little Brown)
14. **The Perks of Being a Wallflower** by Stephen Chbosky (Simon & Schuster)
15. **The Reason I Jump** by Naoki Higashida (Sceptre, Hodder)
16. **Freaks, Geeks and Asperger Syndrome: A User's Guide to Adolescence** by Luke Jackson (Jessica Kingsley)
17. **The Curious Incident of the Dog in the Night-Time** by Mark Haddon (Vintage)
18. **Teen Life Confidential: Bullies, Cyberbullies and Frenemies** by Michele Elliott (Wayland, Hachette Children's)
19. **Vicious: True Stories by Teens about Bullying** ed. Hope Vanderberg (Free Spirit Publishing)
20. **Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People** by Kate Collins-Donnelly (Jessica Kingsley)
21. **Teen Life Confidential: Self-Esteem and Being You** by Anita Naik (Wayland, Hachette Children's)
22. **Face** by Benjamin Zephaniah (Bloomsbury)
23. **Am I Depressed and What Can I Do About it?** by Shirley Reynolds and Monika Parkinson (Robinson, Little, Brown)
24. **I Had a Black Dog** by Matthew Johnstone (Robinson, Little, Brown)
25. **Can I Tell You About Depression?** by Christopher Dowrick and Susan Martin (Jessica Kingsley)
26. **Can I Tell You About Eating Disorders?** by Bryan Lask and Lucy Watson (Jessica Kingsley)
27. **Banish Your Body Image Thief** by Kate Collins-Donnelly (Jessica Kingsley)
28. **Tyranny** by Lesley Fairfield (Walker Books)
29. **Don't Let Your Emotions Run Your Life for Teens** by Sheri van Dijk (New Harbinger Publications, Little, Brown)
30. **Touch and Go Joe** by Joe Wells (Jessica Kingsley)
31. **Breaking Free from OCD: A CBT Guide for Young People and their Families** by Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner (Jessica Kingsley)
32. **The Unlikely Hero of Room 13B** by Teresa Toten (Walker Books)
33. **The Truth About Self-Harm** by Celia Richardson (Mental Health Foundation)
34. **Fighting Invisible Tigers: A Stress Management Guide for Teens** by Earl Hipp (Free Spirit Publishing)
35. **Teenage Guide to Stress** by Nicola Morgan (Walker Books)