



Coping with life

SOME ‘SHELF-HELP’ GUIDES IN THE SCHOOL LIBRARY

Asperger’s and Autism

INFORMATION BOOKS
<i>Asperger’s Rules: How to Make Sense of School and Friends</i> by Blythe Grossberg
<i>Freaks, Geeks and Asperger Syndrome</i> by Luke Jackson
<i>How to be Yourself in a World That’s Different</i> by Yoshida Yuko
<i>The Reason I Jump: One Boy’s Voice from the Silence of Autism</i> by Naoki Higashida
FICTION
<i>Colin Fischer</i> by Ashley Miller
<i>The Curious Incident of the Dog in the Night-time</i> by Mark Haddon
<i>The Guggenheim Mystery</i> by Robin Stevens
<i>The London Eye Mystery</i> by Siobhan Dowd
<i>See You in the Cosmos</i> by Jack Cheng
<i>Smart</i> by Kim Slater
<i>Mockingbird</i> by Kathryn Erskine

Bereavement

INFORMATION BOOKS
<i>Finding a Way Through When Someone Close Has Died</i> by Pat Mood and Lesley Whittaker
FICTION
<i>Goodbye Days</i> by Jeff Zentner
<i>A Monster Calls</i> by Patrick Ness
<i>My Sister Lives on the Mantelpiece</i> by Annabel Pitcher
<i>Ostrich Boys</i> by Keith Gray
<i>The Year of the Rat</i> by Claire Furniss

Bullying

INFORMATION BOOKS
<i>Bullies, Cyberbullies and Frenemies</i> by Michelle Elliott
FICTION
<i>The Chocolate War</i> by Robert Cormier
<i>Dead Ends</i> by Erin Lange
<i>The Knife That Killed Me</i> by Anthony McGowan
<i>Out Of Shadows</i> by Jason Wallace
<i>Wonder</i> by R.J. Palacio
OLDER READERS
<i>I'm the King of the Castle</i> by Susan Hill

Depression

INFORMATION BOOKS
<i>Am I Depressed and What Can I Do About It?</i> By Shirley Reynolds and Monika Parkinson
<i>Reasons to Stay Alive</i> by Matt Haig
<i>Sod It! The Depression 'Virus' and How to Deal With It</i> by Martin Davis
FICTION
<i>Panther</i> by David Owen
OLDER READERS
<i>The Bell Jar</i> by Sylvia Plath

Miscellaneous Information Books

<i>Confidence and Self-Esteem</i> by Nicki Household
<i>Coping With Life</i> by Jonathan Bradley
<i>Eating Disorders</i> by Heather Warner
<i>Mind Your Head</i> by Juno Dawson
<i>The Rough Guide to Happiness</i> by Nick Baylis
<i>Starving the Anger Gremlin</i> by Kate Collins-Donnelly
<i>The Young Mind</i> by Sue Bailey

Stress and Anxiety

INFORMATION BOOKS
<i>Fighting Invisible Tigers: Stress Management for Teens</i> by Earl Hipp
<i>Keep Your Cool: How to Deal With Life's Worries and Stress</i> by Aaron Balick
<i>Starving the Anxiety Gremlin</i> by Kate Collins-Donnelly

<i>The Teenage Guide to Stress</i> by Nicola Morgan
FICTION
<i>Belzhar</i> by Meg Wolitzer
<i>Optimists Die First</i> by Susin Nielsen
<i>Silence is Goldfish</i> by Annabel Pitcher
<i>The Perks of Being a Wallflower</i> by Stephen Chbosky

OCD and Phobias

FICTION
<i>All the Things That Could Go Wrong</i> by Stewart Foster
<i>The Goldfish Boy</i> by Lisa Thompson
OLDER READERS
<i>Am I Normal Yet?</i> By Holly Bourne

Self Harm

INFORMATION BOOKS
<i>Self Harm: the Path to Recovery</i> by Kate Middleton
FICTION
<i>Saving Daisy</i> by Phil Earle
OLDER READERS
<i>The Manifesto on How to be Interesting</i> by Holly Bourne

Psychosis/Schizophrenia

FICTION
<i>Rowan the Strange</i> by Julie Hearn
OLDER READERS
<i>All the Bright Places</i> by Jennifer Niven
<i>The Shock of the Fall</i> by Nathan Filer

Websites

B-eat: the UK's eating disorder charity

<https://www.b-eat.co.uk/>

Bereavement

<http://childhoodbereavementnetwork.org.uk/>

Childline

<https://www.childline.org.uk/>

Frank: confidential help about drug use

<http://www.talktofrank.com/>

Mind: the mental health charity

<https://www.mind.org.uk/>

The Mix: essential support for the under-25s

<http://www.themix.org.uk/>

The Samaritans

<https://www.samaritans.org/>

Young Minds

<https://youngminds.org.uk/>

Young people and mental health (NHS Choices)

<http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>