

Non-Fiction Suggestions

306	Morgan, N	The Teenage Guide to stress
155.9	Rosen, M	Sad Book
158.1	Canfield, J	Chicken Soup for the Teenage Soul
306	Sutherland, A	Gay people who changed history
306.8	Tym, K	Coping with Families
616.89	Mental Health Foundation	The Truth about Self Harm
616.8	Quinn, P	Putting on the breaks: understanding and taking control of your ADD or ADHD
616.8	Jackson, L	Freaks, Geeks and Asperger's Syndrome

General Help for Young People

[Kooth.](#)

[Mindfull](#)

[Mental Health Organisation](#)

Letter= Condition eg. E Eating disorders

[Shelf Help: Reading Well](#)

Specific Issues

Bullying/ Abuse	<u>Childline</u> <u>NSPCC</u>
Mental Health	<u>Young Minds</u>
LGBT	<u>Young Stonewall</u>
Alcohol or Drugs	<u>Drinkaware</u>
Abuse/Respect (e.g. in relationships)	<u>Respect Yourself</u>
Suicide	<u>Papyrus</u>
Anxiety and Panic Attacks	<u>Mind</u>
Bereavement	<u>Grief Encounter</u>
Cyberbullying	<u>Kidscape</u>
Child Exploitation and Online Protection Centre	<u>CEOP</u>
Divorce	<u>Kids Health</u>
Self-harm	<u>Self Harm UK</u>
Young Carers	<u>Carers Trust</u>



St. Gregory's Catholic High School



'Acceptance without exception'
Stonewall



Fiction Suggestions

Author	Title	Issue	Author	Title	Issue	Author	Title	Issue
Albertalli, B	Simon vs the Homo Sapiens	LGBT*	Gibbons, A	Caught in the Crossfire	Racial prejudice	Toten, T	The Unlikely Hero from 13B	Mental Health/ OCD
Asquith, R	The Teenage Worrier's Pocket Guide to Families	Family Relationships	Goldi, K de	The 10pm Question	Mental Health Agoraphobia	Valentine, J	Fire Colour One	Arson, Bereavement
Bell, J	Massive	Eating Disorders	Gornall, L	Under Rose-Tinted Skies	Agoraphobia	Westcott, R	Dandelion Clocks	Bereavment
Blackman, M	Boys don't cry	Teenage fatherhood	Green, J	Will Grayson-Will Grayson	LGBT*	Walliams, D	The Boy in the Dress	LGBT*
Bourne, H	Am I normal yet?	Mental Health	Haddon, M	The Curious Incident of the Dog in the Night Time	Asperger's Syndrome	Williamson, L	The Art of Being Normal	LGBT*
Brahmachari, S	Kite Spirit	Bereavement	Kessler, L	Read me like a Book	LGBT*	Williamson, L	The Boy who Sailed the Ocean in an Armchair	Families, Domestic Abuse
Chbosky, S	The Perks of being a Wallflower	LGBT*	Mah, A Yen	Chinese Cinderella	Discrimination, Family issues	Wolfson, J	Cold Hands, Warm Heart	Bereavement, Transplant
Conaghan, B	The Boy who made it Rain	Bullying, Violence, Gangs	Moloney, R	After the death of Alice Bennett	Bereavement	Zephaniah, B	Face	Confidence, Self-Esteem
Cousins, D	15 Days without a Head	Alcoholism, Families	Nelson, J	I'll Give you the Sun	LGBT*			
Craigie, E	What was never said	FGM	Nielsen, S	We are all made of Molecules	LGBT*			
Cross, G	Shadow Cat	Bipolar Disorder	Niven, J	All the bright places	Suicide			
Dowd, S	The London Eye Mystery	Asperger's Syndrome	Reid, L	Black Heart Blue	Teenage Pregnancy			
Fine, A	Blood Family	Fostering, Child Abuse	Talley, R	Lies we Tell Ourselves	LGBT*			
Fitzgerald, S.M	The Apple Tart of Hope	Bullying						
Gemeinhart, D	The Honest Truth	Illness, Cancer						

* LGBT—Lesbian, Gay, Bi-Sexual and Transgender

Also Available

'Don't Pick on Me' Anti-Bullying Book List