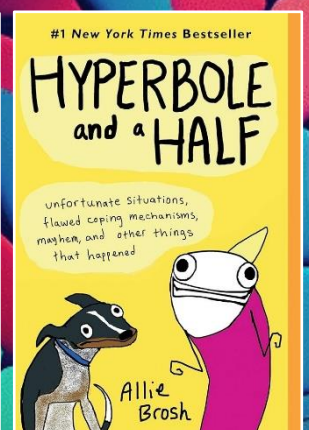
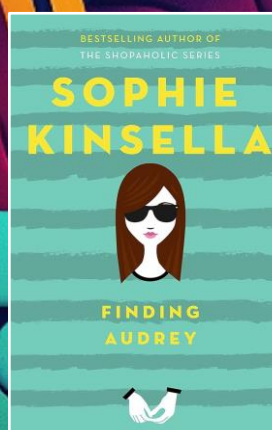
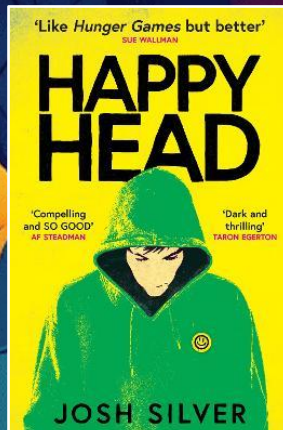
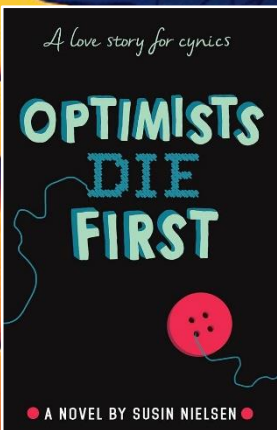
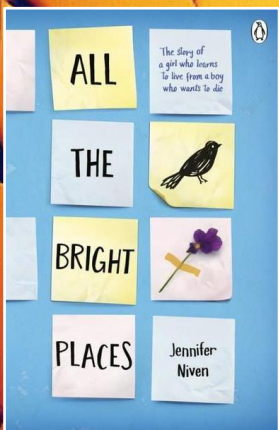
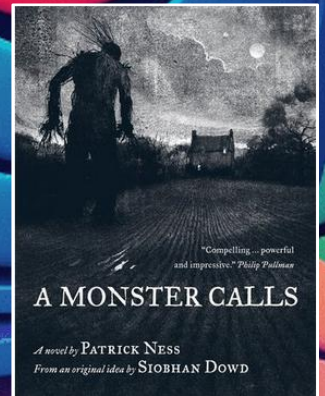
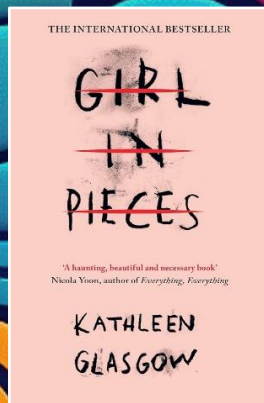
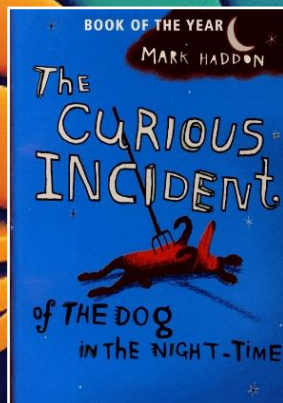
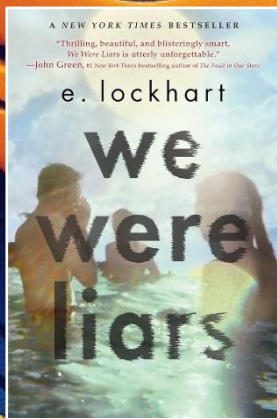
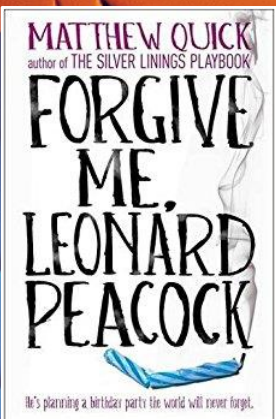
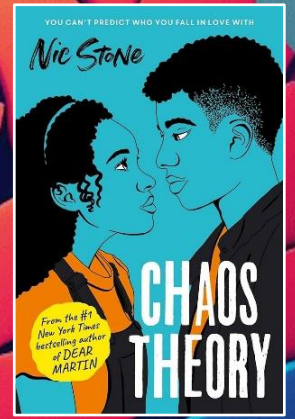
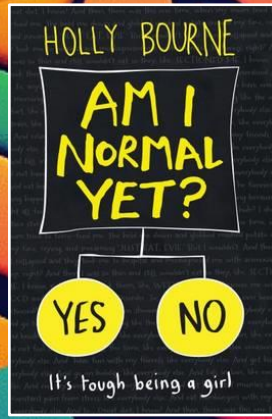
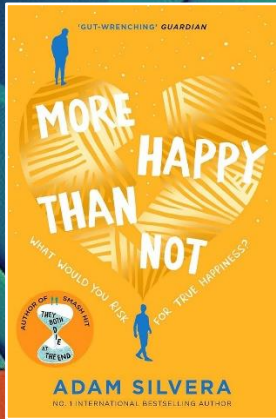
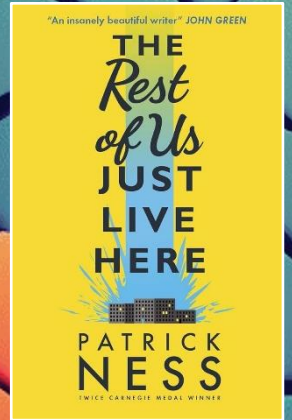
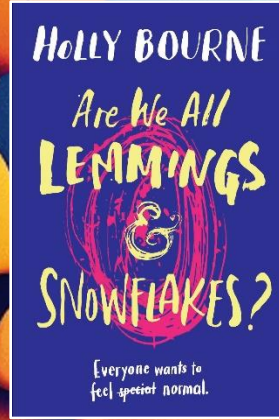
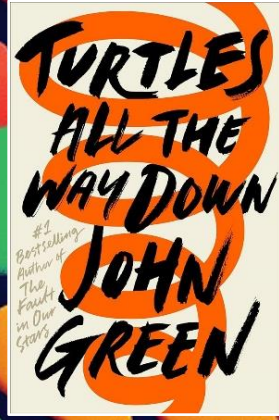
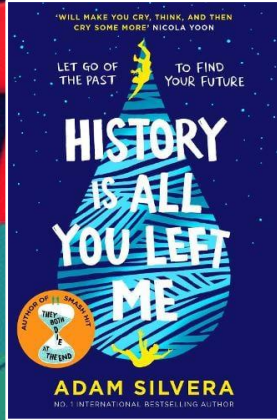


M E N T A L
H E A L T H



Book Title & Author	Description	Reading Age
Kite Spirit – Sita Brahmachari	When Kite’s friend commits suicide, her world falls apart. Overwhelmed by grief she feels vulnerable and disorientated.	11+
History is All You Left Me – Adam Silvera	Griffin has lost his first love in an accident. Now, reeling from grief and OCD, Griffin turns to an unexpected person for help.	12+
Turtles All the Way Down – John Green	Living with anxiety and OCD is enough, but when Aza has the chance of a first kiss, a first love, it could send her into a spiral.	13+
Are We All Lemmings & Snowflakes? – Holly Bourne	Welcome to a summer camp with a difference. A place offering a shot at “normality” for Olive, a girl on the edge, and for her new friends, who are all dealing with their own battles.	14+
The Rest of Us Just Live Here – Patrick Ness	What is you weren’t the Chosen One? Sometimes you just have to find the extraordinary in your ordinary life.	14+
More Happy Than Not – Adam Silvera	Life hasn’t been easy for Aaron, but with the help of his girlfriend he’s slowly remembering what happiness might feel like. Then Thomas shows up and everything changes.	14+
You’d Be Home Now – Kathleen Glasgow	The quiet one, the obedient one. Emmy has spent her life being told exactly who she is. But can she keep up the act?	13+
Wintergirls – Laurie Halse Anderson	Lia is a recovering anorexic. When her best friend is found dead, Lia's delicate recovery is sent spiralling out of control.	12+
Am I Normal Yet? – Holly Bourne	Evie has made a fresh start - she's at a new college where no one knows her history of OCD and Anxiety. Is she normal yet?	14+
Chaos Theory – Nic Stone	A romance about a genius living with a diagnosed mental illness and a politician's son running from his own addiction and grief.	
Forgive me, Leonard Peacock – Matthew Quick	Leonard is turning 18 and he wants to say goodbye. To his four friends – a Humphrey Bogart-obsessed neighbour, a teenage violin virtuoso, a pastor’s daughter and a teacher.	14+
We Were Liars – e. lockhart	A beautiful and distinguished family. A private island. A brilliant, damaged girl. Four friends whose friendship turns destructive.	14+
The Curious Incident of the Dog in the Night-time – Mark Haddon	The detective, and narrator, is Christopher Boone, who is fifteen and has Asperger’s Syndrome. He knows a very great deal about maths and very little about human beings.	12+
Girl in Pieces – Kathleen Glasgow	Charlie is in pieces, dealing with grief. But she’s learned how to forget it through cutting; the pain washes out the sorrow.	13+
A Monster Calls – Patrick Ness	Conor is struggling to understand his feelings. His mother is dying, and his family are silent. Conor’s confusion, worry and anxiety are starting to make his nightmares real.	12+
All the Bright Places – Jennifer Niven	Finch wants to take his own life. Violet is devastated by her sister’s death. They meet on the ledge of a bell tower.	12+
Optimists Die First – Susin Nielsen	Petula sees danger everywhere, and she won’t let her guard down, even if this means being ruled by anxiety and grief.	12+
Happy Head – Josh Silver	Seb is offered a place on a radical retreat designed to solve the national crisis of teenage unhappiness.	16+
Sophie Kinsella – Finding Audrey	Audrey can't leave the house. She can't even take off her dark glasses inside the house. Then Linus stumbles into her life.	11+
Hyperbole and a Half – Allie Brosh	A blog and webcomic, telling funny stories about the mishaps of her life, and a moving account of her struggles with depression.	13+