









Recommended reading

Healthy minds

What's Going on Inside Mv Head?

Molly Potter, Sarah Jennings Bloomsbury

Healthy for Life: Self-esteem and Mental Health

Anna Claybourne, Dan Bramall Franklin Watts

How Not to Lose It: **Mental Health Sorted**

Anna Williamson, Sophie Beer Scholastic

Worries

Rubv's Worrv

Tom Percival Bloomsbury

Questions and Feelings About: Worries

Paul Christelis, Ximena Jeria Franklin Watts

Grobblechops

Elizabeth Laird. Jenny Lucander Tiny Owl Publishing

Me and My Fear

Francesca Sanna Flying Eye Books

All Birds Have Anxiety

Kathy Hoopmann Jessica Kingsley Publishers

Worry Angels

Sita Brahmachari, Jane Rav Barrington Stoke

Outsmarting Worry

Dawn Huebner, Kara McHale Jessica Kingsley Publishers

Feelings

How Are You Feeling Today?

Molly Potter, Sarah Jennings Bloomsbury

Mindful Me: **Exploring Emotions**

Paul Christelis, Elisa Paganelli Franklin Watts

Feeling Angry!

Katie Douglass, Mike Gordon Wayland

Sometimes I Feel Sad

Tom Alexander Jessica Kingsley Publishers

The world around you

At school

Dealing With Bullying

Jane Lacey, Venitia Dean Franklin Watts

Planet Omar: Accidental Trouble Magnet

Zanib Mian, Nasaya Mafaridik Hodder Children's Books

Ella on the Outside

Cath Howe Nosy Crow

Online

#Goldilocks

Jeanne Willis, Tony Ross Andersen Press

In the news

Something Bad Happened: A Kid's Guide to Coping With Events in the News

Dawn Huebner, Kara McHale Jessica Kingsley Publishers

Dealing with tough times

When someone dies

Mum's Jumper

Jayde Perkin Book Island

Michael Rosen's Sad Book

Michael Rosen, Quentin Blake Walker Books

If All the World Were...

Joseph Coelho, Allison Colpovs Frances Lincoln Children's Books

Clownfish

Alan Durant Walker Books

Getting through a tough time

The Boy Who Built a Wall **Around Himself**

Ali Redford, Kara Simpson Jessica Kingsley Publishers

Up and Down Mum

Child's Play, Summer Maçon Child's Play Ltd.

The Colour Thief: A Family's **Story of Depression**

Andrew Fusek Peters. Polly Peters, Karin Littlewood

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When you have a condition

Attention Deficit Hyperactivity Disorder (ADHD)

Can I Tell You About ADHD?

Susan Yarney, Chris Martin Jessica Kingsley Publishers

Check Mates

Stewart Foster Simon & Schuster

Autism Spectrum Disorders (ASD)

Questions and Feelings About: Autism

Louise Spilsbury, Ximena Jeria Franklin Watts

M is for Autism

The Students of Limpsfield Grange School, Vicky Martin Jessica Kingsley Publishers

Dvslexia

The Illustrated Guide to Dyslexia and **Its Amazing People**

Kate Power. Kathy Iwanczak Forsyth Jessica Kingsley Publishers

Obsessive Compulsive Disorder (OCD)

Double Felix

Sally Harris, Maria Serrano Wacky Bee Books

Having a disability

Questions and Feelings About: Having a Disability

Louise Spilsbury, Ximena Jeria Franklin Watts





What if I need more help?

You don't need to struggle on your own. You might find it helpful to talk things through with people you trust such as a parent or carer, a friend, teacher, school nurse or counsellor. You can ask about going to see your doctor if you want more support.

The following organisations offer support and counselling:

Anna Freud Centre

onmymind.info for tips and advice as well as videos to help children and young people.

Childline

- childline.org.uk
- © 0800 11 11 24 hours a day, 7 days a week.

YoungMinds

youngminds.org.uktext YM to 85258hours a day,days a week.



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