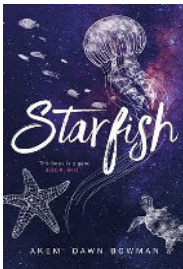
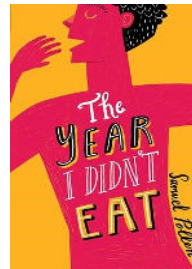


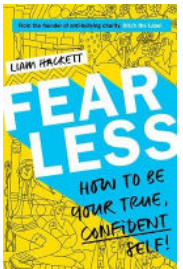
## Books for Teenagers : Mental Health and Wellbeing



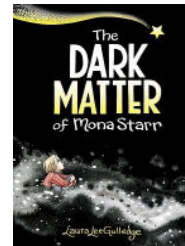
**Akemi Dawn Bowman**  
**Starfish**  
Kiko has always found it hard to say what she means and how she really feels. Struggling with anxiety and believing in herself, Kiko keeps her head down and dreams of getting into art school. But when this doesn't happen, Kiko finds a new path for herself,



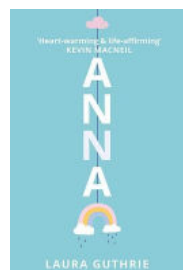
**The Year I Didn't Eat**  
This book follows fourteen-year-old Max, a young boy living with anorexia, on his journey towards recovery. Through a gift from his brother, Max finds escapism in geocaching and writing letters to 'E', an anonymous correspondent who feels is like the only person who understands him.



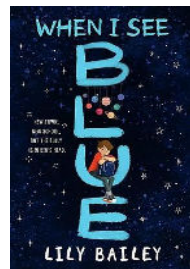
**Fearless! How To Be Your True, Confident Self**  
Bright and vibrant throughout, Fearless is the perfect uplifting and thought-provoking read. This book explores the need to unpack stereotypes and challenge our ways of thinking to become the most confident and honest versions of ourselves.



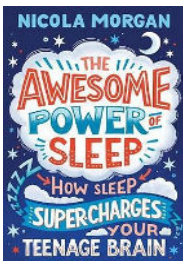
A poignant book, this graphic novel explores one teenager's experience of depression. After Mona's best friend moves to Hawaii, she feels lost and alone. She struggles to connect with others and articulate her emotions. Through art, therapy and the support of friends, she slowly begins to untangle and understand her feelings



Anna is thirteen and lives in London with her father. When her father passes away, she has to move to Scotland to live with her mother. With only her 'Happy Game' up her sleeve, she has to find a way to live in her new community, connect with her mother and process the grief of losing her father.



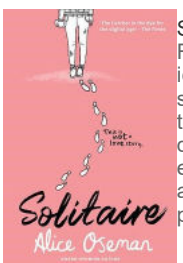
Ben is a new boy at school, but the bullies in his life are the ones inside his head. Driven by compulsions to count to four to keep himself safe, he struggles to adapt to living somewhere new. But then he meets April, and her help makes him think he'll be able to beat the bullies once and for all. As well as examining OCD, this book also looks at the impact of isolation and addiction.



**The Awesome Power of Sleep: How Sleep Supercharges Your Teenage Brain**  
Sleep helps you learn and keeps you healthy. Still, many of us struggle to sleep because of worry, exam stress, addictive technology and late nights. This book explores how getting enough sleep – and good quality sleep – can help our mental and overall wellbeing. With tips and strategies to help you get



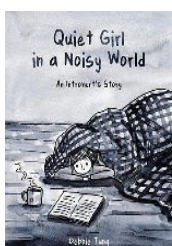
**The Small Things**  
Anna has a special task: to look after the new girl, Ellie. But it's not as simple as it sounds. Ellie can't come to school because she's unwell and Anna can't understand why she was chosen to befriend her – Ellie doesn't have any hobbies or interests. Not like her other classmates. Anna decides to tell a lie or two to show Ellie she is interesting. .



**Solitaire**  
From the creator of the Heartstopper comics comes the story of Tori Spring, Charlie's sister. Tori is pessimistic, and keeps mostly to herself and is coping with undiagnosed depression. Then she meets Michael Holden, a young boy who is angry at everything, and it feels like they are each exactly the person the other one needs.



This is a unique and emotional read. After her parent's divorce, Bea's life becomes hard in many ways. But when Bea finds out Dad and his boyfriend Jesse are getting married, she is delighted! However, there are events from her past that Bea has buried deep and is ashamed to talk about. Through talking therapy, she can finally discuss her actions when she was 8 and 10 and begin to forgive herself. With a rare view in children's fiction of the benefits of talking therapy, this is an important book to share with young people.



A touching and heart-warming coming of age story – this graphic novel explores the trials of growing up as an introvert in a busy and noisy world. The book follows Debbie's early years to teenage years and into adulthood. It explores the challenges of navigating anxiety and finding social interaction enjoyable but exhausting. It is a poignant and positive tale,



Twelve-year-old Matthew, housebound due to his OCD, is the last person to see a young boy before he goes missing. This really readable book, both heart-breaking and heart-warming is a really insightful look at living with OCD, and how mental health interacts with trauma and grief.