

### YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD – selected titles

### **Campaign Report: Young People and Mental Health in a Changing world World Federation for Mental Health 2018** https://wfmh.global/wp-content/uploads/WMHD REPORT 19 9 2018 FINAL.pdf Putting on the Brakes: Understanding **ADHD** Putting Brakes and Taking Control of Your ADD or ADHD by Patricia Quinn and Judith Stern (Magination Press, American Psychological Association) My Anxious Mind: A Teen's Guide to **Anxiety** Managing Anxiety and Panic by Michael **Tompkins and Katherine Martinez** (Magination Press, American Psychological Association) **Anxiety** The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry and Panic by Jennifer Shannon (New Harbinger Publications, Little, Brown) survival guide for teens The Perks of Being a Wallflower by **Anxiety** Stephen Chbosky (Simon & Schuster) The Shyness and Social Anxiety **Anxiety** Workbook for Teens by Jennifer Shannon (New Harbinger Publications, Little Brown) **Anxiety** DBT therapeutic activity ideas for working with teens: skills and exercises for working with clients with borderline personality disorder, depression, anxiety, and other emotional CATOL LOTTER sensitivities / Lozier, Carol. (2018)



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| Asperger's    | Freaks, Geeks and Asperger Syndrome: A User's Guide to Adolescence by Luke Jackson (Jessica Kingsley Publishers)                   | Freaks, Geeks & Asperger Syndrome Asker Cash with file ware  |
| Autism        | I'm a teenagerget me out of here! A survival guide for teenage siblings of young people with autism by Carolyn Brock and Jess Abbo | C. O. D. T. J.   |
| Autism        | The Curious Incident of the Dog in the<br>Night-time by Mark Haddon (Vintage)  | of Richard Property P |
| Autism        | The Reason I Jump by Naoki Higashida<br>(Sceptre, Hodder)  | THE REASON FJUMP  Naoki Higashida  with a fundamin by David Mischell  structure products   |
| Body<br>image | Banish Your Body Image Thief by Kate<br>Collins Donnelly (Jessica Kingsley)  | BANISH Your BODY IMAGE Thief  Adjust interval long letteral at least page from their page from |
| Bullying      | Teen Life Confidential: Bullies, Cyberbullies and Frenemies by Michele Elliott (Wayland, Hachette Children's)                      | BULLIES  Cyberbullies  FRETEMIES  TEAN HE COMMANDIAL  MODERATOR OF   |
| Bullying      | Vicious: True Stories by Teens About<br>Bullying Ed. Hope Vanderberg (Free<br>Spirit Publishing)                                   | VICIOUS True Statistes by Touris Attent dulty-ing  |



| Depression          | Can I Tell You About Depression? by<br>Christopher Dowrick and Susan Martin<br>(Jessica Kingsley)   | Can I tell you about Depression?  And to have been been and produced to the format of |
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| Depression          | I Had a Black Dog by Matthew Johnstone<br>(Robinson, Little, Brown)   | HAD A BLACK DOG   |
| Depression          | Am I Depressed and What Can I Do<br>About it? by Shirley Reynolds and<br>Monika Parkinson (Robinson, Little,<br>Brown)                                  | AMIDEPRESSED AND WHAT CAN I DO ABOUT IT? A CET self-the gould- for temagens experiencing slow mood and depression   |
|                     | Mind Your Head by James Dawson (Hot<br>Key Books)   | TUND DAWSON  ALL ABOUT COLK PRINTEL MEALTH  TOUR  HEAD  JUNG DAWSON  ALL ABOUT SOLITA MINITY  (All about jon in colta Minity  (All about jon in colta Minity  (All about jon in colta Minity  |
|                     | Quiet the Mind<br>Matthew Johnstone   | QUIET on MIND  (Accordance Of space or live by backers) (Accordance Of space or live by backers) (Accordance Of space or live by backers)   |
|                     | Stuff that Sucks: Accepting what You<br>Can't Change and Committing to What<br>You Can by Ben Sedley (Robinson, Little<br>Brown)                        | STUFF THAT SUCKS  ACCORDING ONE THACE AND ONE THACE   |
| Eating<br>disorders | Understanding teen eating disorders: warning signs, treatment options and stories of courage / Haltom, Cris E.; Simpson, Cathie; Tantillo, Mary. (2018) | UNDERSTANDING TERNEATING DISORDERS Warning Signs, Treatment piporor, and Source of Courage Onto 1 and Treatments And National Source And National |



| General | Every Day by David Levithan (Electric<br>Monkey, Egmont)                                 | LVERY<br>DAVID<br>AVITHAN                                   |
|---------|--|---|
| General | House of Windows by Alexia Casale<br>(Faber)   | HOUSE OF WINDOWS  |
| General | I'll Give You the Sun by Jandy Nelson<br>(Walker Books)                                  | JANDY<br>NELISCH  |
| General | Kite Spirit by Sita Brahmachari<br>(Macmillan Children's Books)                          | Kite<br>Spirit  |
| General | Mental health in the digital age by Elias<br>Aboujaoude and Vladan Starcevic             | MENTAL HEALTH UNTHE DIGITAL AGE Grow Burgers, Orea Primilia |
| General | Blame My Brain: The Amazing Teenage<br>Brain Revealed by Nicola Morgan<br>(Walker Books) | BLAME MY BRAIN  TEENAGE BRAIN                               |



| General         | Technology and adolescent mental health by Megan A. Moreno and Ana Radovic   | Technology<br>and Adolescent<br>Mental Health  |
|-----------------|--|--|
| General         | The mental health needs of children and young people: guiding you to key issues and practices in CAMHS / Padmore, Jane. (2016)   | © Springer  This integral integral speciels of Colonia and Griden and Enterprise   |
| Mood<br>swings  | Don't Let Your Emotions Run Your Life<br>for Teens by Sheri van Dijk (New<br>Harbinger Publications, Little, Brown)  | don't let your motions run you life for teens dialectic behavi. therapy skil Echeph your manas mood swins control un outburst  |
| OCD             | Breaking Free from OCD: A CBT Guide for<br>Young People and their Families by Jo<br>Derisley, Isobel Heyman, Sarah<br>Robinson, Cynthia Turner (Jessica<br>Kingsley)               | A CIT Curds for Young Pupils and You Pupils and Young James Harris A James and Ferral Name |
| OCD             | The Unlikely Hero of Room 13B by<br>Teresa Toten (Walker Books)  | THE UNLIKELY HERO OF ROOM 13 B   |
| OCD             | Touch and Go Joe by Joe Wells (Jessica<br>Kingsley)  | Touch and Go<br>Joe<br>An Advisorate 1 Experience of 0.22  |
| Self-<br>esteem | Banish Your Self-esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self- esteem for Young People by Kate Collins- Donnelly (Jessica Kingsley Publishers) | BANISH Your SELF-ESTEEM Thief Augustra Honory Methods or holds phase of figure for four trape Kate Callins-Donnelly  |



| Self-<br>esteem | Developing emotional literacy with teenagers: building confidence, selfesteem and self awareness / Tina Rae (2013)   | DEVELOPING EMOTIONAL LITERACY WITH TENAGERS Building Cardinax Set at 1800 and 1810 a |
|-----------------|--|--|
| Self-<br>esteem | Face by Benjamin Zephaniah<br>(Bloomsbury)   | face benjamin zephaniah  |
| Self-<br>esteem | Teen Life Confidential: Self-Esteem and<br>Being You by Anita Naik (Wayland,<br>Hachette Children's)   | SELF<br>Being<br>YOU<br>Teen Life Confidential<br>Anto Note  |
| Self-<br>esteem | Banish Your Self-Esteem Thief: A<br>Cognitive Behavioural Therapy<br>Workbook on Building Positive Self-<br>Esteem for Young People<br>Kate Collins-Donnelly | BANISH our SELF-ESTEEM Three Apple started Through White a bling loaded throw through one Keeter Coullins-Donnello   |
| Self-harm       | The Truth About Self-harm by Celia<br>Richardson (Mental Health Foundation)  | The truth about self-harm for your gauge and four throat-self-and as  (B) Particularity  |
|                 | Managing self-harm in young people /<br>Royal College of Psychiatrists (2014)<br>WS755   | Freely available online  |
|                 | Self-harm and eating disorders in schools: a guide to whole-school strategies and practical support / Pooky Knightsmith (2015) WM250                         | SELF-HARR IN  EATING DISDROERS # SCHOOLS  ACCES 16 The Accessory of Prince Ingel  Mark to the Ac |



| Stress  | Fighting Invisible Tigers: A Stress<br>Management Guide for Teens by Earl<br>Hipp (Free Spirit Publishing)  | FIGHTING TIGERS Stress Management for Tees Lat Hay   |
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| Stress  | Teenage Guide to Stress by Nicola<br>Morgan (Walker Books)  | The Tenge Guide to STRESS  TO THE TENGE OF T |
| Suicide | Suicide by children and young people in England / National Confidential Inquiry into Suicide and Homicide by People with Mental Illness. (2016) WM250 | National Confidential Inquiry into Suicide and Homicide by People with Mental Illness  |
|         | Youth self-harm and suicide awareness: a reflective practice guide for staff working with children and young people / Jude Sellen-Cole (2015) WM245   | Youth Self-harm and Suicide Awareness statement of the Self-harm and Suicide Self-harm and Self-harm |
|         | Adolescent Suicide: Assessment and Intervention/Alan L.Berman (2005) 2 <sup>nd</sup> ed   | Adolescent Suicide Assessment and Intervention  Ann I. Definat, PhD David A. Johes, PhD Morrow M. Silverman, MD  |
|         | Papyrus – Prevention of young suicide UK Offers advice to the public, but also works with professionals and provides training.                        | https://www.papyrus-<br>uk.org/  |