

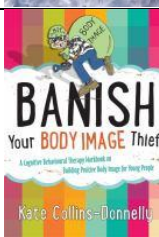
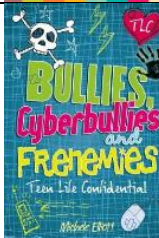


# YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD – selected titles

<b>Campaign Report: <a href="https://wfmh.global/wp-content/uploads/WMHD_REPORT_19_9_2018_FINAL.pdf">Young People and Mental Health in a Changing world</a></b> <b>World Federation for Mental Health 2018</b> <a href="https://wfmh.global/wp-content/uploads/WMHD_REPORT_19_9_2018_FINAL.pdf">https://wfmh.global/wp-content/uploads/WMHD_REPORT_19_9_2018_FINAL.pdf</a>		
<b>ADHD</b>	Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD by Patricia Quinn and Judith Stern (Magination Press, American Psychological Association)	
<b>Anxiety</b>	My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael Tompkins and Katherine Martinez (Magination Press, American Psychological Association)	
<b>Anxiety</b>	The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry and Panic by Jennifer Shannon (New Harbinger Publications, Little, Brown)	
<b>Anxiety</b>	The Perks of Being a Wallflower by Stephen Chbosky (Simon & Schuster)	
<b>Anxiety</b>	The Shyness and Social Anxiety Workbook for Teens by Jennifer Shannon (New Harbinger Publications, Little Brown)	
<b>Anxiety</b>	DBT therapeutic activity ideas for working with teens : skills and exercises for working with clients with borderline personality disorder, depression, anxiety, and other emotional sensitivities / Lozier, Carol. (2018)	

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

<b>Asperger's</b>	Freaks, Geeks and Asperger Syndrome: A User's Guide to Adolescence by Luke Jackson (Jessica Kingsley Publishers)	
<b>Autism</b>	I'm a teenager...get me out of here! A survival guide for teenage siblings of young people with autism by Carolyn Brock and Jess Abbo	
<b>Autism</b>	The Curious Incident of the Dog in the Night-time by Mark Haddon (Vintage)	
<b>Autism</b>	The Reason I Jump by Naoki Higashida (Sceptre, Hodder)	
<b>Body image</b>	Banish Your Body Image Thief by Kate Collins Donnelly (Jessica Kingsley)	
<b>Bullying</b>	Teen Life Confidential: Bullies, Cyberbullies and Frenemies by Michele Elliott (Wayland, Hachette Children's)	
<b>Bullying</b>	Vicious: True Stories by Teens About Bullying Ed. Hope Vanderberg (Free Spirit Publishing)	

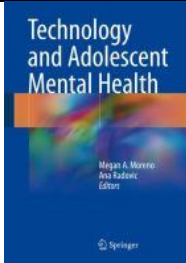


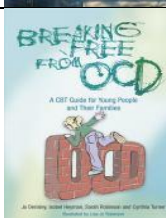
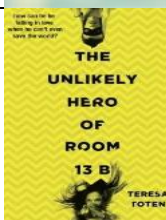
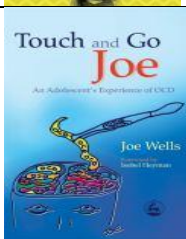
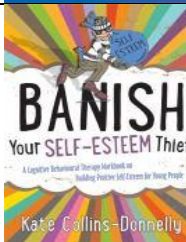
# YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD – selected titles

<b>Depression</b>	Can I Tell You About Depression? by Christopher Dowrick and Susan Martin (Jessica Kingsley)	
<b>Depression</b>	I Had a Black Dog by Matthew Johnstone (Robinson, Little, Brown)	
<b>Depression</b>	Am I Depressed and What Can I Do About it? by Shirley Reynolds and Monika Parkinson (Robinson, Little, Brown)	
	Mind Your Head by James Dawson (Hot Key Books)	
	Quiet the Mind Matthew Johnstone	
	Stuff that Sucks: Accepting what You Can't Change and Committing to What You Can by Ben Sedley (Robinson, Little Brown)	
<b>Eating disorders</b>	Understanding teen eating disorders : warning signs, treatment options and stories of courage / Haltom, Cris E.; Simpson, Cathie; Tantillo, Mary. (2018)	

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

General	Every Day by David Levithan (Electric Monkey, Egmont)	
General	House of Windows by Alexia Casale (Faber)	
General	I'll Give You the Sun by Jandy Nelson (Walker Books)	
General	Kite Spirit by Sita Brahmachari (Macmillan Children's Books)	
General	Mental health in the digital age by Elias Aboujaoude and Vladan Starcevic	
General	Blame My Brain: The Amazing Teenage Brain Revealed by Nicola Morgan (Walker Books)	

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

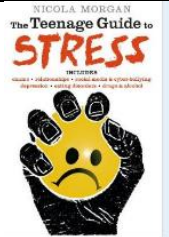
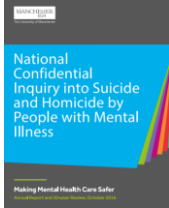
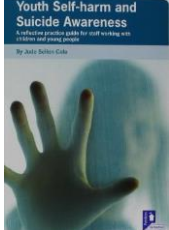
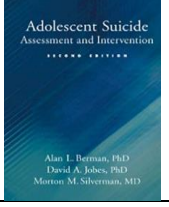
<b>General</b>	Technology and adolescent mental health by Megan A. Moreno and Ana Radovic	
<b>General</b>	The mental health needs of children and young people : guiding you to key issues and practices in CAMHS / Padmore, Jane. (2016)	
<b>Mood swings</b>	Don't Let Your Emotions Run Your Life for Teens by Sheri van Dijk (New Harbinger Publications, Little, Brown)	
<b>OCD</b>	Breaking Free from OCD: A CBT Guide for Young People and their Families by Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner (Jessica Kingsley)	
<b>OCD</b>	The Unlikely Hero of Room 13B by Teresa Toten (Walker Books)	
<b>OCD</b>	Touch and Go Joe by Joe Wells (Jessica Kingsley)	
<b>Self-esteem</b>	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)	



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

<b>Self-esteem</b>	Developing emotional literacy with teenagers : building confidence, self-esteem and self awareness / Tina Rae (2013)	
<b>Self-esteem</b>	Face by Benjamin Zephaniah (Bloomsbury)	
<b>Self-esteem</b>	Teen Life Confidential: Self-Esteem and Being You by Anita Naik (Wayland, Hachette Children's)	
<b>Self-esteem</b>	Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People Kate Collins-Donnelly	
<b>Self-harm</b>	The Truth About Self-harm by Celia Richardson (Mental Health Foundation)	
	Managing self-harm in young people / Royal College of Psychiatrists (2014) WS755	Freely available online
	Self-harm and eating disorders in schools: a guide to whole-school strategies and practical support / Pooky Knightsmith (2015) WM250	

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

Stress	Fighting Invisible Tigers: A Stress Management Guide for Teens by Earl Hipp (Free Spirit Publishing)	
Stress	Teenage Guide to Stress by Nicola Morgan (Walker Books)	
Suicide	Suicide by children and young people in England / National Confidential Inquiry into Suicide and Homicide by People with Mental Illness. (2016) WM250	
	Youth self-harm and suicide awareness: a reflective practice guide for staff working with children and young people / Jude Sellen-Cole (2015) WM245	
	Adolescent Suicide: Assessment and Intervention/Alan L.Berman (2005) 2 <sup>nd</sup> ed	
	<b>Papyrus – Prevention of young suicide UK</b> Offers advice to the public, but also works with professionals and provides training.	<a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>