

Title: The Self-Esteem Team's guide to sex, drugs & WTFs?!!

GMD: text

Author: Barrett, Grace; Mendoza, Nadia; Devon, Natasha

Imprint: London: John Blake, 2015

Classification: 646.700835

Title: Mind your head

GMD: text

Author: Dawson, Juno; Correll, Gemma; Hewitt, Olivia

Imprint: London: Hot Key Books, 2016

Classification: 616.89

Title: Bullies, cyberbullies and frenemies

GMD: text

Author: Elliott, Michele

Imprint: London: Wayland, 2013

Classification: 302.343

Title: Touch and go Joe : an adolescent's experiences of OCD

GMD: text

Author: Wells, Joe

Imprint: London: Jessica Kingsley, c2006

Classification: 616.852270092

Title: Vicious : true stories by teens about bullying

GMD: text

Author: Vanderberg, Hope

Imprint: Minneapolis, MN: Free Spirit Publishing, [2012]

Classification: 637.85

Breaking free from OCD : a CBT guide for young people and their families

GMD: text

Author: Derisley, Jo; Robinson, Lisa Jo

Imprint: London: Jessica Kingsley, 2008

Classification: 618.9285227

Banish your body image thief : a cognitive behavioural therapy workbook on building positive body image for young people

GMD: text

Author: Collins-Donnelly, Kate

Imprint: London: Jessica Kingsley Publishers, 2014

Classification: 371.713

Banish your self-esteem thief : a cognitive behavioural therapy workbook on building positive self-esteem for young people

GMD: text

Author: Collins-Donnelly, Kate

Imprint: London: Jessica Kingsley Publishers, 2014

Classification: 370.153

The shyness & social anxiety workbook for teens : CBT and ACT skills to help you build social confidence

GMD: text

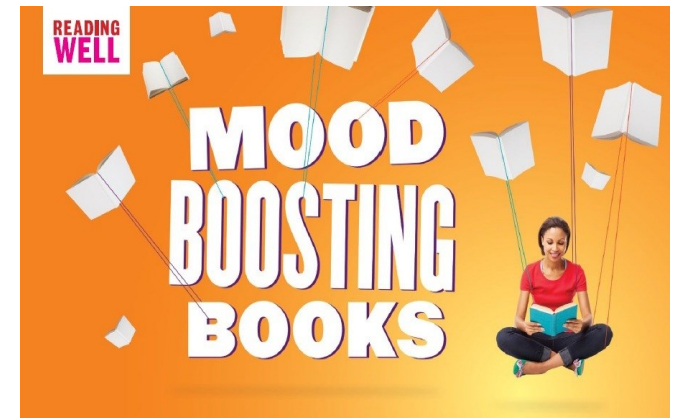
Author: Shannon, Jennifer; Shannon, Doug

Imprint: Oakland, CA: Instant Help Books, [2012]

Classification: 155.518232

Mental Health and Wellbeing Reading List from the Library

Devonport High School for Girls



Want to read about a topic that's bothering you? Search 'mental health', 'self-help' or 'issues' on Oliver. You'll find lots, in fiction as well as non-fiction. If you'd like to take out a book like this without everyone in the queue noticing, just email me on library@dhsg.co.uk and I'll issue the book to your account and keep it in a folder behind the desk until you can collect it.

Mrs Dennehy



Title: Kite spirit
GMD: text
Author: Brahmachari, Sita
Imprint: London: Macmillan Children's Books, 2013
Classification: FIC BRA

Title: House of windows
GMD: text
Author: Casale, Alexia
Imprint: London: Faber & Faber, 2015
Classification: FIC CAS

Title: Don't let your emotions run your life for teens :
dialectical behavior therapy skills for helping teens manage
mood swings, control angry outbursts, and get along with
others
GMD: text
Author: Van Dijk, Sheri
Imprint: Oakland, Calif. : Enfield: Publishers Group UK
[distributor], New Harbinger ;, 2011
Classification: 616.89142

Title: Freaks, geeks and Asperger syndrome : a user guide to
adolescence
GMD: text
Author: Jackson, Luke
Imprint: London: Jessica Kingsley, 2002
Classification: 618.92

Title: Fighting invisible tigers : stress management for teens
GMD: text
Author: Hipp, Earl
Imprint: Minneapolis, Minn. : Hove: Roundhouse [distributor], Free
Spirit ;, 2008
Classification: 155.518

Title: Can I tell you about depression? : a guide for friends, family
and professionals
GMD: text
Author: Dowrick, Christopher; Martin, Susan; Medaglia, Mike
Imprint: London: Jessica Kingsley Publishers, 2015
Classification: 616.8527

Title: Quiet the mind : an illustrated guide on how to meditate
GMD: text
Author: Johnstone, Matthew
Imprint: London: Robinson, 2012
Classification: 158.12

Title: Stuff that sucks : accepting what you can't change and
committing to what you can
GMD: text
Author: Sedley, Ben
Imprint: London: Robinson, 2015
Classification: 152.4

Title: My anxious mind : a teen's guide to managing anxiety and
panic
GMD: text
Author: Martinez, Katherine A; Tompkins, Michael A
Imprint: Washington, DC: Magination Press, c2010
Classification: 616.928522

Title: The anxiety survival guide for teens : CBT skills to overcome fear,
worry & panic
GMD: text
Author: Shannon, Jennifer; Shannon, Doug
Imprint: Oakland, CA: Instant Help Books an imprint of New Harbinger
Pub., 2015
Classification: 616.852200835

Title: The reason I jump : one boy's voice from the silence of autism
GMD: text
Author: Mitchell, David; Yoshida, Keiko; Higashida, Naoki
Imprint: London: Sceptre, 2014
Classification: 616.858820092

Title: Can I tell you about eating disorders? : a guide for friends, family
and professionals
GMD: text
Author: Field, Fiona; Lask, Bryan; Watson, Lucy
Imprint: London: Jessica Kingsley Publishers, 2014
Classification: 616.8526

Title: Putting on the brakes : understanding and taking control of your
ADD or ADHD
GMD: text
Author: Quinn, Patricia O; Stern, Judith M
Imprint: Washington, DC: Magination Press, c2012
Classification: 616.8589

Title: The unlikely hero of Room 13B
GMD: text
Author: Toten, Teresa
Imprint: London: Walker Books, 2015
Classification: FIC TOT