

## Welcome

### Shelf Help: Non-Fiction Reading List

Reading a good book is one way of reminding ourselves that we are not alone.

Non-fiction books are also an excellent way of finding out the facts about mental health and wellbeing issues. Your school library has an up-to-date collection of books on health and wellbeing which you can borrow. These are listed in the different sections in the contents.

To request a book to read, or to suggest your own books, please speak to your school librarian.

There are also lots of organisations which can help you if you are going through a difficult time, and looking for someone to talk to. These are listed under the section on "Further Support".

This project is supported by the Scottish Government School Library Improvement Fund. It is run jointly between all eight of East Dunbartonshire's secondary schools.

**No book should make you feel worse about yourself.** Many of the books on these lists are written about people who are going through a difficult time in their lives. If you are going through something similar, be aware that you might find some of these books upsetting. Talk to someone if you find a book upsetting: and remember, help can always be found from your Guidance teacher or school counsellor.

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## Anxiety

### Hari: A Graphic Novel for Young Adults Dealing with Anxiety by Carol Holliday



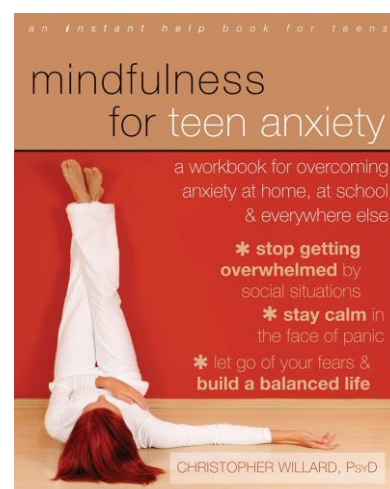
As fifteen year-old Hari approaches his mock-GCSEs, he begins to experience anxiety attacks aggravated by his fears of failure to meet his own and his family's expectations. When intermittent feigned illness escalates to the point where he runs out of an exam and hides in a cupboard, Hari agrees to see Steph, the school counsellor. Together they explore ways for Hari to manage his own anxiety and be less critical of himself.

### Mindfulness for Teen Anxiety by Christopher Willard

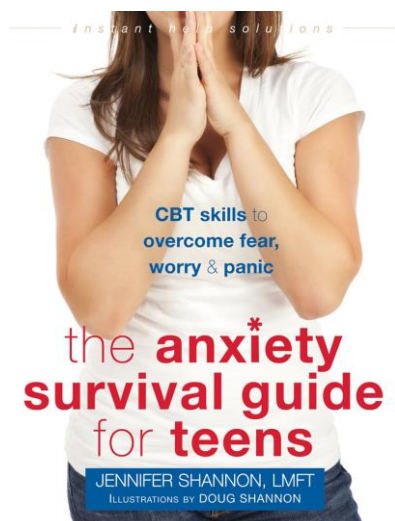
Being a teen is hard enough without anxiety getting in the way. You are changing more than ever before, not just physically, but mentally. And if you suffer from panic attacks, chronic worry, and feelings of isolation, it can be very difficult to meet your goals and succeed. The good news is that there are real, powerful ways that you can take control of your anxiety-and your life!

In *Mindfulness for Teen Anxiety*, psychologist and learning specialist Christopher Willard offers teens like you proven-effective, mindfulness-based practices to help you cope with your anxiety, identify common triggers (such as dating or school performance), learn valuable time-management skills, and feel more calm at home, at school, and with friends.

You'll learn tips for dealing with specific situations that cause anxiety, such as public speaking, social anxiety, test anxiety, and more. You'll also learn special breathing exercises to help calm you in moments of panic, and guided visualization exercises to help you stay cool and collected, even in the tensest situations.



## The Anxiety Survival Guide for Teens by Jennifer Shannon



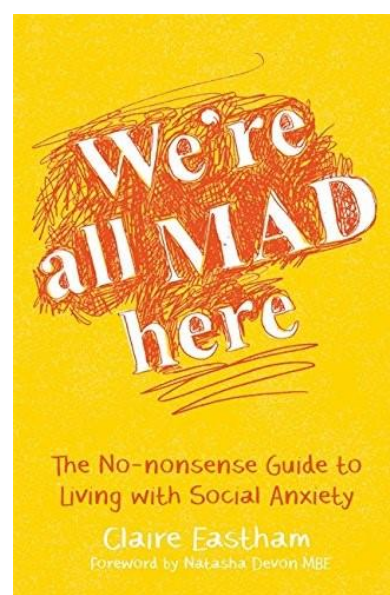
Is your anxiety stopping you from feeling confident and independent? Challenges like making friends, dating, getting good grades, or taking on more mature responsibilities are much more difficult when you're anxious. And if you're like countless other anxious teens, you're probably avoiding the situations that cause you anxiety and feeling like life is passing you by. So, how can you take control of your anxiety before it takes control of you?

This one-of-a-kind survival guide will help you identify your "monkey mind"-the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety. Full of powerful yet simple cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried.

## We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety by Claire Eastham

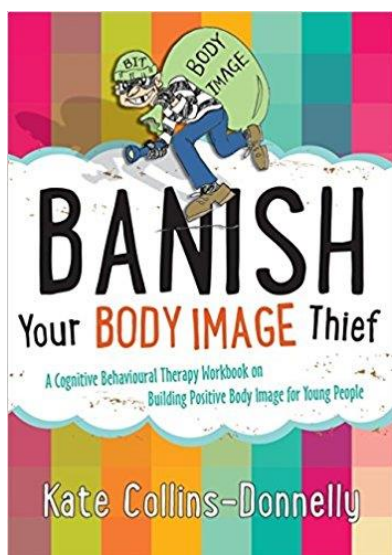
Anxiety is a crafty shapeshifter that can take on many forms: the tiger that sinks its claws in with physical symptoms and distressing thoughts, the cruel and belittling bully creating insecurity and self-doubt and, worst of all, the frenemy rewarding avoidance of social situations with no physical symptoms, no cruel thoughts... and no life beyond your sofa!

This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates (whilst actually enjoying them!) With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects.



## Body Image

### Banish Your Body Image Thief by Kate Collins-Donnelly

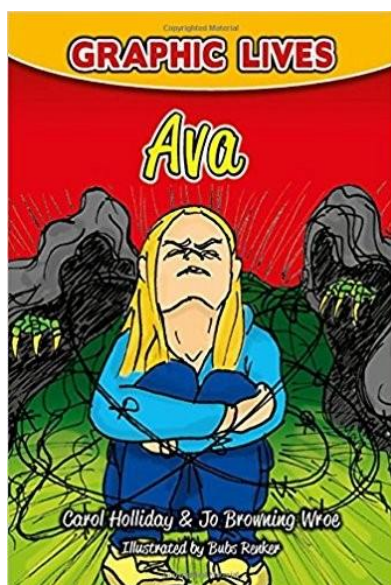


Build a positive body image with this fun and effective workbook for young people. Watch out - the Body Image Thief is about! He's the sneaky character who keeps stealing your positive body image from your Body Image Vault, leaving only negative thoughts and feelings about your body behind. But don't worry - you can banish him for good and this workbook will show you how. Using a host of activities and real-life stories, this imaginative workbook will look at what body image means, how it develops, the impact it can have and how all this applies to your own body image. Based on cognitive behavioural and mindfulness principles and techniques, it is packed with strategies that will help you change how you think and act in order to build a positive body image, protect your Body Image Vault and banish your Body Image Thief for good! Engaging, informative and easy to read, this unique workbook is suitable for young people aged 10+ to work through on their own or with the help of a parent or practitioner.



## Eating Disorders

**Ava: A Graphic Novel for Young Adults Dealing with an Eating Disorder** by Carol Holliday

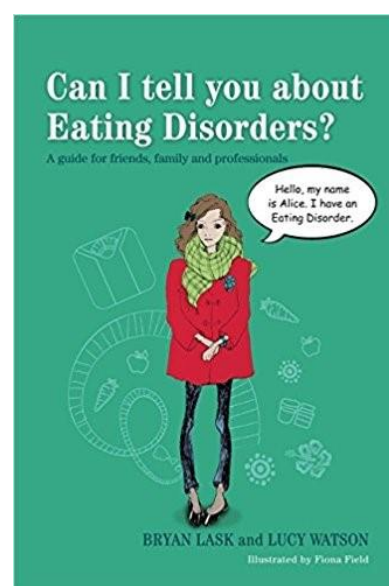


Sixteen year-olds Ava and Jade are obsessed with food, calories, and staying thin. Pleased with the many compliments they receive they push themselves into anorexia. Ava's mother is alarmed by her daughter's weight loss and encourages her into therapy with the school counsellor, Steph. However after only two sessions Steph touches a raw nerve, Ava storms out and refuses to continue. Only when Jade is admitted to hospital does Ava return to therapy, where she begins to understand the causes of her anorexic tendencies.

**Can I Tell You About Eating Disorders?** by Bryan Lask and Lucy Watson

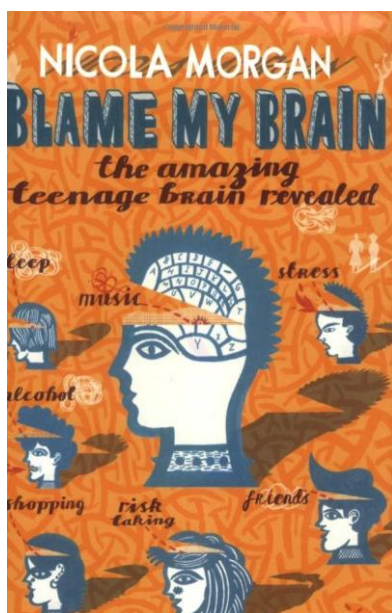
Meet Alice - a teenage girl with anorexia nervosa. Alice invites readers to learn about anorexia nervosa and how it makes her see herself differently from how other people see her. She also introduces readers to Beth who has bulimia nervosa, Sam who has selective eating problems, Francesca who has functional dysphagia and Freddie who has food avoidance emotional disorder. They all explain why they find food difficult and how their eating disorders are different.

This illustrated book is an ideal introduction to understanding the complex issues surrounding eating disorders. It shows family, friends and teachers how they can support a young person with an eating disorder and will also be a good place to start when encouraging open conversations about eating disorders at school or at home. The Can I tell you about? series offers simple introductions to a range of limiting conditions and other issues that affect our lives.



## Emotions

### Blame My Brain by Nicola Morgan

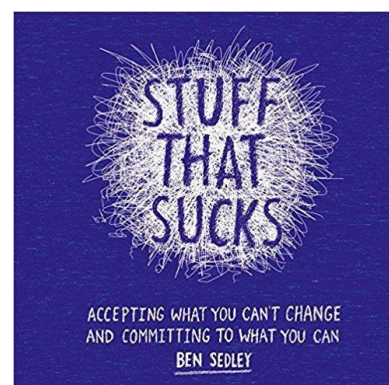


Contrary to popular (parental) opinion, teenagers are not the lazy, unpleasant - frankly, spotty - louts they occasionally appear to be. During the teenage years the brain is undergoing its most radical and fundamental change since the age of two. Nicola Morgan's carefully researched, accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders, the reasons behind addiction or depression, and what lies ahead.

### Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can by Ben Sedley

If you struggle with negative thoughts and emotions, you should know that your pain is real. No one should try to diminish it. Sometimes stuff really *does* suck and we have to acknowledge it. Worry, sadness, loneliness, anger, and shame are big and important, but they can also get in the way of what really matters. What if, instead of *fighting* your pain, you realized what really matters to you—and put those things first in life? If you did that, maybe your pain wouldn't feel so big anymore. Isn't it worth a try?

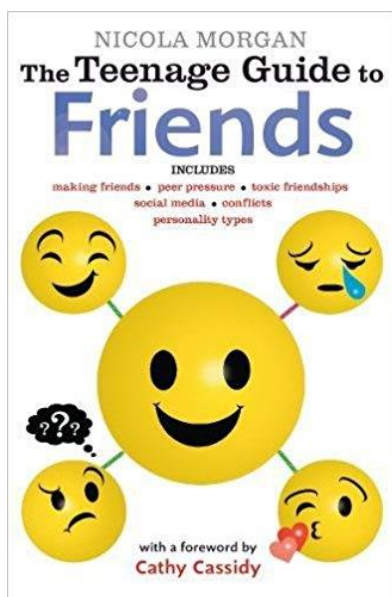
*Stuff That Sucks* offers a compassionate and validating guide to accepting emotions, rather than struggling against them. With this book as your guide, you'll learn to prioritize your thoughts, feelings, and values. You'll figure out what you care about the most, and then start caring some more! The skills you'll learn are based on acceptance and commitment therapy (ACT). Yes, there are a few written exercises, but this isn't a workbook. It's a journey into the stuff that sucks, what makes that sucky stuff suck even more, and how just a few moments each day with the stuff that *matters* will ultimately transform the stuff that sucks into stuff that is just stuff. Make sense?





## Friends

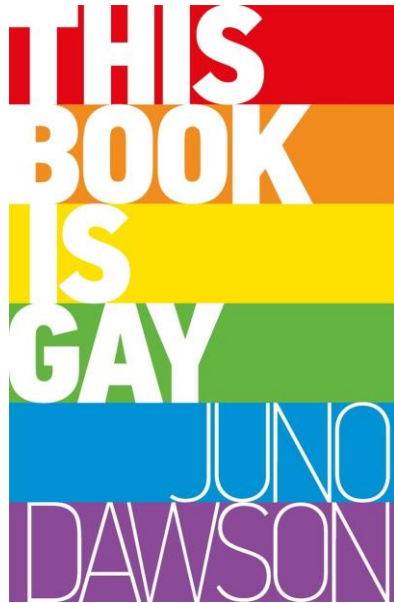
### The Teenage Guide to Friends by Nicola Morgan



Nicola Morgan is an established expert on the teenage brain and adolescent stress, known for her engaging, clear style. She is author of the internationally renowned *Blame My Brain: The Amazing Teenage Brain Revealed* (shortlisted for the Aventis prize for science) and *The Teenage Guide to Stress* (winner of the School Library Association Award 2015, with both the judges' and readers' awards). Now *The Teenage Guide to Friends* – written for teenagers but essential for adults who want to understand – tackles the all-important subject of teen friendships. Contents include a section on making friends, keeping friendships strong, and what happens when they break down – as well as a look at online friendships, cyber-bullying, toxic friendships and frenemies, and empathy. There is also a section on personality types – introverts and extroverts – and quizzes to help you discover what sort of person you are, how you relate to others and how to deal with difficult situations. Complete with a list of helpful resources in the back.

## LGBTQI+

### This Book is Gay by Juno Dawson



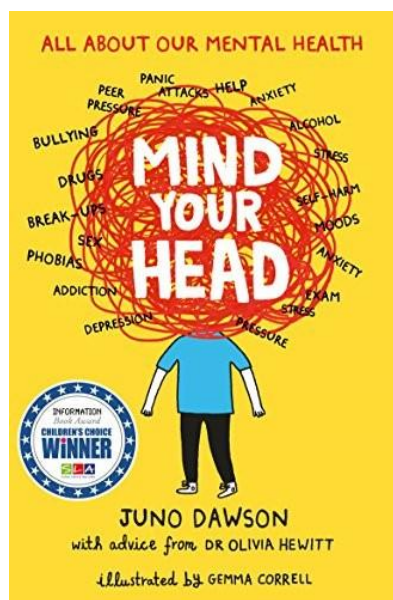
A funny and pertinent book about being lesbian, bisexual, gay, queer, transgender or just curious - for everybody, no matter their gender or sexuality. Former PSHCE teacher and acclaimed YA author Juno Dawson gives an uncensored look at what it's like to grow up as LGBT.

Including testimonials from people across the gender and sexual spectrums, this frank, funny, fully inclusive book explores everything anyone who ever dared to wonder wants to know - from sex to politics, how to pull, stereotypes, how to come-out and more.

Spike Gerrell's hilarious illustrations combined with funny and factual text make this a must-read.

## Mental Health

### Mind Your Head by Juno Dawson



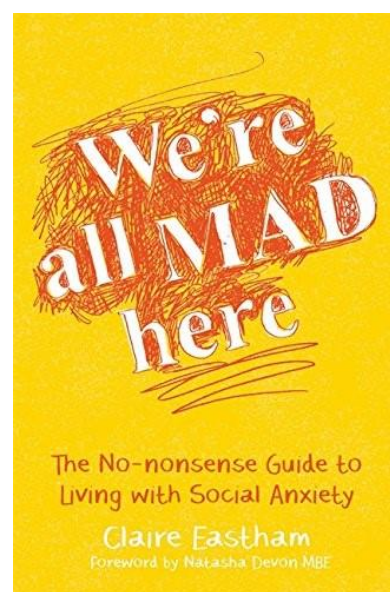
We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk about our mental health.

Juno Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covering topics from anxiety and depression to addiction, self-harm and personality disorders, Juno and Olivia talk clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them. With real-life stories from young people around the world and witty illustrations from Gemma Correll.

### We're all Mad Here: The No-Nonsense Guide to Living With Social Anxiety by Claire Eastham

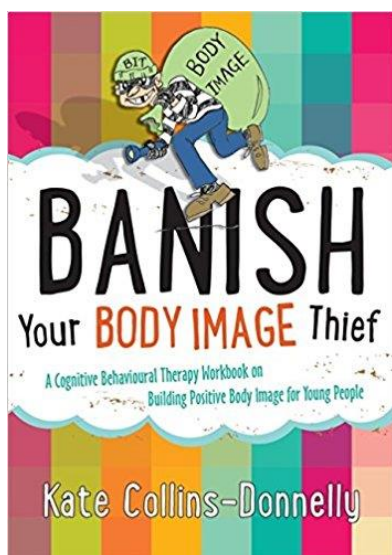
Anxiety is a crafty shapeshifter that can take on many forms: the tiger that sinks its claws in with physical symptoms and distressing thoughts, the cruel and belittling bully creating insecurity and self-doubt and, worst of all, the frenemy rewarding avoidance of social situations with no physical symptoms, no cruel thoughts... and no life beyond your sofa!

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### The Self-Esteem Team's Guide to Sex, Drugs and WTFs?! by Grace Barrett, Natasha Devon & Nadia Mendoza

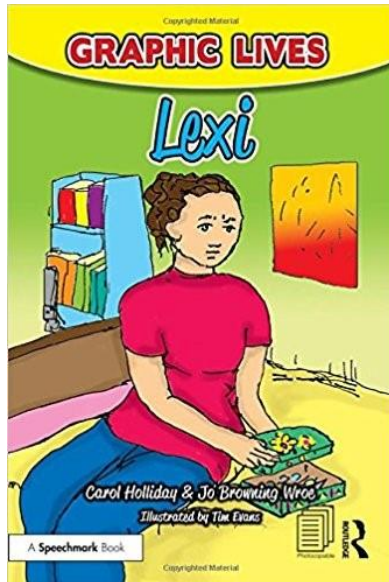
Sometimes being a teenager can seem like a relentless merry-go-round of people telling you how to dress and behave, who to be friends with, what grades you must get in order to avoid a destiny of failure and, most importantly, why you're spectacularly mucking it all up. The Self-Esteem Team know this - because they were teenagers once. In fact, they were teenagers enduring bullying, chronic skin issues, 'puppy fat' that refused to budge and 'I'm different from everyone else'-related angst. Later, they battled self-harm, depression and an eating disorder. That's why The Self-Esteem Team started travelling the UK: to give teenagers the tools they need to navigate life on their own terms.

Natasha Devon, Grace Barrett and Nadia Mendoza - now a successful journalist, singer/songwriter and showbiz editor respectively - have worked with more than 50,000 young people helping them tackle mental health, self-esteem and body-image issues. This book contains everything you really want to know, but are too embarrassed to ask your teachers, from 'How do I know if I'm healthy?' to 'What's it like to take drugs?' They won't ask you not to embrace fashion, fitness or beauty, but they will give you the info you need to rock your own brand of gorgeous.



## Self Harm

### Lexi: A Graphic Novel for Young Adults Dealing with Self Harm by Carol Holliday

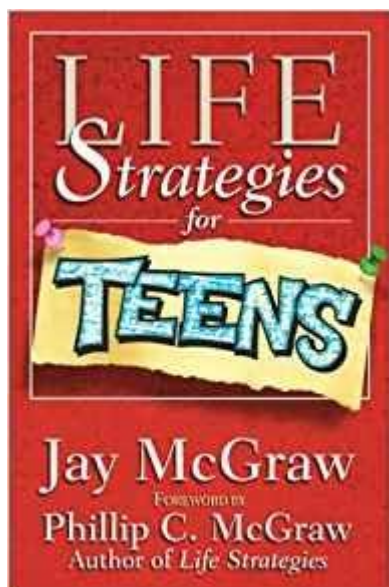


Following the traumatic break-up of her parents' marriage, Lexi feels excluded and unloved. Unable to cope with her emotions, she self-harms, cutting herself with a scalpel. When her boyfriend splits up with her the self-harm intensifies until Lexi's sister persuades her to see Steph, the school counsellor. Together they explore some of the experiences that have shaped the way Lexi responds to negative emotions, and though the challenges she faces remain the same, as the therapy continues she learns how to experience those emotions without self-harming.



## Stress Management

### Life Strategies for Teens by Jay McGraw



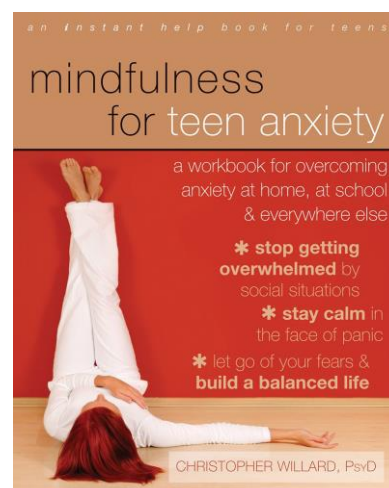
Offers ten essential strategies to help teenagers take control of their lives and make the journey to adulthood a fulfilling one.

Combining proven techniques for dealing with life's obstacles and the youth and wit of writer Jay McGraw, *Life Strategies for Teens* is sure to improve the lives of all who read it.

### Mindfulness for Teen Anxiety by Christopher Willard

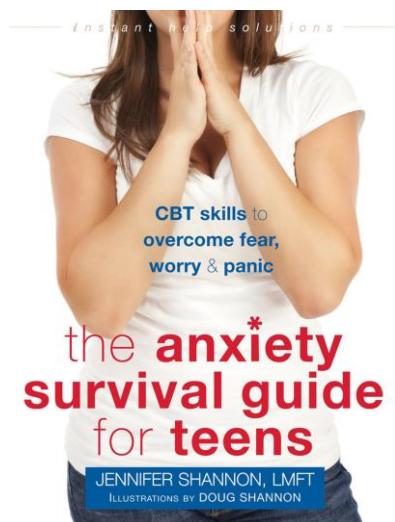
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## The Anxiety Survival Guide for Teens by Jennifer Shannon

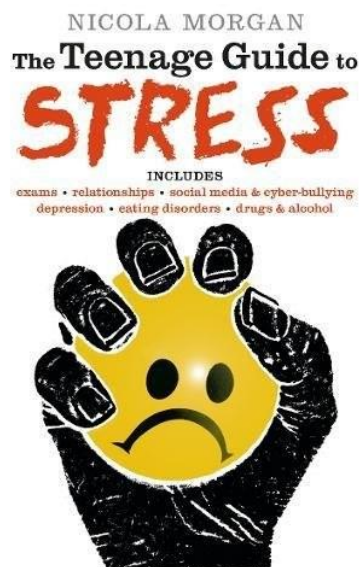


Is your anxiety stopping you from feeling confident and independent? Challenges like making friends, dating, getting good grades, or taking on more mature responsibilities are much more difficult when you're anxious. And if you're like countless other anxious teens, you're probably avoiding the situations that cause you anxiety and feeling like life is passing you by. So, how can you take control of your anxiety before it takes control of you?

This one-of-a-kind survival guide will help you identify your "monkey mind"-the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety. Full of powerful yet simple cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried.

## The Teenage Guide to Stress by Nicola Morgan

*The Teenage Guide to Stress* – written for teenagers but essential for adults who want to understand – tackles all the external stresses that teenagers face, including feelings of anger, sadness (and depression), fear and failure; issues caused by changing bodies, body hatred, weight problems, eating disorders and self-harm; pressures of exams and schoolwork; sleep problems; changing relationships with friends and family; boyfriend/girlfriend issues and sexual pressures; bullying and cyber-bullying; problems arising from the internet; and looks at how pre-existing conditions such as OCD and dyslexia may be affected by adolescence. As well as a sympathetic, practical and positive look at all those stresses, *The Teenage Guide to Stress* clearly explains the biology behind stress and, crucially, a huge range of strategies and suggestions to deal with it and prevent negative symptoms.



## Further Support

### Useful Organisations

Organisation	Contact details	
Alzheimer Scotland	<a href="https://www.alzscot.org/">https://www.alzscot.org/</a>	Support for those with dementia and their families
Breathing Space Scotland	<a href="http://www.breathingspace.scot/">www.breathingspace.scot/</a> 0800 83 85 87	Confidential support for anyone in Scotland feeling low, anxious or depressed
Childline	<a href="http://www.childline.org.uk/">www.childline.org.uk/</a> 0800 1111	Free, confidential support for children and young people feeling low, worried, anxious or depressed
Dyslexia Scotland	<a href="https://www.dyslexiascotland.org.uk">https://www.dyslexiascotland.org.uk</a> 0344 800 84 84 <a href="mailto:Helpline@dyslexiascotland.org.uk">Helpline@dyslexiascotland.org.uk</a>	Advice and guidance on dyslexia-related issues in Scotland
Head Meds	<a href="https://www.headmeds.org.uk/">https://www.headmeds.org.uk/</a>	A website for young people about mental health medication
Heads Together	<a href="http://www.headstogether.org.uk/support">www.headstogether.org.uk/support</a>	Campaign to promote better support for people with mental health issues.
LGBT Youth Scotland	<a href="http://www.lgbtyouth.org.uk/">www.lgbtyouth.org.uk/</a>	Information about life as a lesbian, gay, bisexual, transgender or intersex teen in Scotland (with links to local LGBT youth groups).
LifeSIGNS	<a href="http://www.lifesigns.org.uk/">http://www.lifesigns.org.uk/</a>	Provides information and support to people of all ages affected by self-injury or self-harm.
Mindfulness app	<a href="https://www.headspace.com/">https://www.headspace.com/</a>	A personal meditation guide in your pocket – a tool to help reduce stress.
Scottish Association	<a href="https://www.samh.org.uk/get-involved/going-to-be/information-help/children-and-young-people">https://www.samh.org.uk/get-involved/going-to-be/information-help/children-and-young-people</a>	Help and support on a range of mental health issues, including anxiety

for Mental Health		and depression. Includes a guide on what to do if you are worried about someone else.
See me	<a href="http://www.seemescotland.org">www.seemescotland.org</a>	Campaign to end mental health discrimination.
Self Harm	<a href="https://www.selfharm.co.uk/">https://www.selfharm.co.uk/</a>	Support and advice for those who self-harm, along with resources for friends and family.
Stem4	<a href="http://www.stem4.org.uk/">www.stem4.org.uk/</a>	Support for teenage mental health, with information on coping with eating disorders, self-harm, depression, anxiety and addiction.
The Mix	<a href="http://www.themix.org.uk/">http://www.themix.org.uk/</a>  0808 808 4994	The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through digital and phone services
Young Carers	<a href="http://www.careinfoscotland.scot/topics/young-carers-and-young-adult-carers/">http://www.careinfoscotland.scot/topics/young-carers-and-young-adult-carers/</a>	Support for young people who look after a family member.
Young Scot	<a href="http://www.youngscot.org/information">www.youngscot.org/information</a>	Information and support on lots of topics, including mental health and wellbeing.
Youth Health Service	<a href="http://www.yhs-ng.co.uk/">http://www.yhs-ng.co.uk/</a>	A health service for young people aged between 12 and 19.

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