

Reading Well: Shelf Help for children and young people Prescription Form

(* Indicates titles Somerset Libraries have added locally to the national list.)

Children and Young People's Books on Prescription – for parents, carers and young people

	General: Wellbeing – Mental Health – Coping – Feeling Fine – Self-Esteem – Learning about Life		
	Blame My Brain: the Amazing Teenage Brain Revealed	Nicola Morgan	Walker Books
	Every Day	David Levithan	Electric Monkey
	*Getting Through It With CBT: A Young Person's Guide	Claire Holdaway & Nicola Connolly	Blue Stallion
	House of Windows	Alexia Casale	Faber & Faber
	*How to Calm a Challenging Child	Miriam Chachamu	Foulsham
	I'll Give You the Sun	Jandy Nelson	Walker Books
	Kite Spirit	Sita Brahmachari	Macmillan Children's Books
	Mind Your Head	Juno Dawson	Hot Key Books
	Quiet the Mind	Matthew Johnstone	Robinson
	The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!	Self-Esteem Team	John Blake Publishing
	Stuff That Sucks	Ben Sedley	Robinson
	ADHD		
	*All Dogs Have ADHD	Kathy Hoopmann	Jessica Kingsley
	Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD	Patricia Quinn & Judith Stern	Magination Press
	Anger Management		
	*Anger Management Games for Children	Deborah M Plummer	Jessica Kingsley
	*Starving the Anger Gremlin: A CBT Workbook on Anger Management for Young People	Kate Collin-Donnelly	Jessica Kingsley
	Anxiety, Worry and Panic		
	The Anxiety Survival Guide for Teens	Jennifer Shannon	New Harbinger
	*Getting Through Anxiety with CBT: A Young Person's Guide	Ben Gurney-Smith Claudia Herbert	Blue Stallion
	*The Huge Bag of Worries	Virginia Ironside	Hodder
	My Anxious Mind	Michael Tompkins & Katherine Martinez	Magination Press
	The Perks of Being a Wallflower	Stephen Chbosky	Simon &

			Schuster
	*Relax Kids: the Wishing Star	Marneta Viegas	O Books
	The Shyness and Social Anxiety Workbook for Teens	Jennifer Shannon	New Harbinger
	Autism and Asperger Syndrome		
	*All Cats Have Asperger Syndrome	Kathy Hoopmann	Jessica Kingsley
	The Curious Incident of the Dog in the Night-Time	Mark Haddon	Vintage
	Freaks, Geeks and Asperger Syndrome	Luke Jackson	Jessica Kingsley
	The Reason I Jump	Naoki Higashida	Sceptre
	Body Image and Eating Disorders		
	Banish Your Body Image Thief	Kate Collins-Donnelly	Jessica Kingsley
	Can I Tell You About Eating Disorders?	Brian Lask and Lucy Watson	Jessica Kingsley
	Tyranny	Lesley Fairfield	Walker Books
	Bullying		
	Bullies, Cyberbullies and Frenemies	Michele Elliott	Wayland
	*How to Handle Bullies, Teasers and Other Meanies	Kate Cohen-Posey	Rainbow Books
	Vicious: True Stories by Teens About Bullying	Hope Vanderburg (Ed)	Free Spirit
	Confidence and Self-Esteem		
	Banish Your Self-Esteem Thief	Kate Collins-Donnelly	Jessica Kingsley
	Face	Benjamin Zephaniah	Bloomsbury
	Self-Esteem and Being You	Anita Naik	Wayland
	Depression		
	Am I Depressed and What Can I Do About It?	Shirley Reynolds & Monika Parkinson	Robinson
	Can I Tell You About Depression?	Christopher Dowrick & Susan Martin	Jessica Kingsley
	*Getting Through Depression with CBT: a Young Person's Guide	Alice Farrington & Louise Dalton	Blue Stallion
	I Had a Black Dog	Matthew Johnstone	Robinson
	Grief		
	*The Grieving Teen: A Guide for Teenagers and their Friends	Helen FitzGerald	Simon & Schuster
	*Talking with Children and Young People About Death and Dying	Mary Turner	Jessica Kingsley
	Mood Swings		
	Don't Let Your Emotions Run Your Life for Teens	Sheri Van Dijk	New Harbinger
	OCD		
	Breaking Free from OCD	Jo Derisley and others	Jessica Kingsley
	Touch and Go Joe: An Adolescent's Experience of OCD	Joe Wells	Jessica Kingsley
	*Up and Down the Worry Hill	Aureen Pinto Wagner	Lighthouse Press
	The Unlikely Hero of Room 13B	Teresa Toten	Walker

			Books
	Self-Harm		
	*A Bright Red Scream: Self-Mutilation and the Language of Pain	Marilee Strong	Virago
	The Truth About Self-Harm	Celia Richardson	Mental Health Foundation
	Stress		
	Fighting Invisible Tigers	Earl Hipp	Free Spirit
	The Teenage Guide to Stress	Nicola Morgan	Walker Books

Notes about the Shelf Help Books

Shelf help books are available from all Somerset libraries. If the title you want is not in stock you can order it

If your self-help book includes exercises to be carried out, please do not write in the book.

If you need help to work through your self-help book, or if you find it is not helping you, please go back and talk to your GP. If necessary, your GP can refer you to the Talking Therapies service where you can get extra help.

If you need the book for longer than the loan period you can renew it free of charge by phone, online or in person at the library. Books on Prescription are loaned for 6 weeks, and are not subject to overdue charges. However, the cost of replacement will be charged if the book is not returned, so please renew or return your book when it is due.