

Read Me Well Shelf Help - Books on Prescription

General	Stuff that Sucks: Accepting what You Can't Change and Committing to What You Can	Ben Sedley
General	Mind Your Head	James Dawson
General	The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!	Natasha Devon et al
General	Blame My Brain: The Amazing Teenage Brain Revealed	Nicola Morgan
General	Quiet the Mind	Matthew Johnstone
General (fiction)	Every Day	David Levithan
General (fiction)	House of Windows	Alexia Casale
General (fiction)	Kite Spirit	Sita Brahmachari
General (fiction)	I'll Give You the Sun	Jandy Nelson
Anxiety	My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic	Michael Tompkins et al
Anxiety (fiction)	The Perks of Being a Wallflower	Stephen Chbosky
Autism Spectrum Disorder	The Reason I Jump: One Boy's Voice from the Silence of Autism	Naoki Higashida
Autism Spectrum Disorder	Freaks, Geeks and Asperger Syndrome: A User's Guide to Adolescence	Luke Jackson
Autism Spectrum Disorder (fiction)	The Curious Incident of the Dog in the Night-time	Mark Haddon
Bullying	Teen Life Confidential: Bullies, Cyberbullies and Frenemies	Michele Elliott
Confidence and self-esteem	Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-esteem for Young People	Kate Collins-Donnelly
Confidence and self-esteem	Teen Life Confidential: Self-Esteem and Being You	Anita Naik
Confidence and self-esteem (fiction)	Face	Benjamin Zephaniah
Depression	Am I Depressed and What Can I Do About it?	Shirley Reynolds
Depression	I Had a Black Dog	Matthew Johnstone
Depression	Can I Tell You About Depression?	Christopher Dowrick
Body image and eating	Banish Your Body Image Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Body Image for Young People	Kate Collins-Donnelly
Body image and eating	Can I Tell You About Eating Disorders?	Lucy Watson
OCD	Breaking Free from OCD: A CBT Guide for Young People and their Families	Jo Derisley et al
OCD (fiction)	The Unlikely Hero of Room 13B	Teresa Toten
Self-harm	The Truth About Self-Harm	Celia Richardson
Stress	The Teenage Guide to Stress	Nicola Morgan