

Recommended reading

Healthy minds

- ☐ **What's Going on Inside My Head?**
Molly Potter, Sarah Jennings
Bloomsbury
- ☐ **Healthy for Life: Self-esteem and Mental Health**
Anna Claybourne, Dan Bramall
Franklin Watts
- ☐ **How Not to Lose It: Mental Health Sorted**
Anna Williamson, Sophie Beer
Scholastic

Worries

- ☐ **Ruby's Worry**
Tom Percival
Bloomsbury
- ☐ **Questions and Feelings About: Worries**
Paul Christelis, Ximena Jeria
Franklin Watts
- ☐ **Grobblechops**
Elizabeth Laird, Jenny Lucander
Tiny Owl Publishing
- ☐ **Me and My Fear**
Francesca Sanna
Flying Eye Books
- ☐ **All Birds Have Anxiety**
Kathy Hoopmann
Jessica Kingsley Publishers
- ☐ **Worry Angels**
Sita Brahmachari, Jane Ray
Barrington Stoke
- ☐ **Outsmarting Worry**
Dawn Huebner, Kara McHale
Jessica Kingsley Publishers

Feelings

- ☐ **How Are You Feeling Today?**
Molly Potter, Sarah Jennings
Bloomsbury
- ☐ **Mindful Me: Exploring Emotions**
Paul Christelis, Elisa Paganelli
Franklin Watts
- ☐ **Feeling Angry!**
Katie Douglass, Mike Gordon
Wayland
- ☐ **Sometimes I Feel Sad**
Tom Alexander
Jessica Kingsley Publishers

The world around you

At school

- ☐ **Dealing With Bullying**
Jane Lacey, Venitia Dean
Franklin Watts
- ☐ **Planet Omar: Accidental Trouble Magnet**
Zanib Mian, Nasaya Mafaridik
Hodder Children's Books
- ☐ **Ella on the Outside**
Cath Howe
Nosy Crow

Online

- ☐ **#Goldilocks**
Jeanne Willis, Tony Ross
Andersen Press

In the news

- ☐ **Something Bad Happened: A Kid's Guide to Coping With Events in the News**
Dawn Huebner, Kara McHale
Jessica Kingsley Publishers

What if I need more help?

You don't need to struggle on your own. You might find it helpful to talk things through with people you trust such as a parent or carer, a friend, teacher, school nurse or counsellor. You can ask about going to see your doctor if you want more support.

The following organisations offer support and counselling:

Anna Freud Centre

onmymind.info
for tips and advice as well as videos to help children and young people.

Childline

childline.org.uk
0800 11 11
24 hours a day,
7 days a week.

YoungMinds

youngminds.org.uk
text YM to 85258
24 hours a day,
7 days a week.

Reading Well has been developed by The Reading Agency in partnership with Libraries Connected. The scheme is funded by Arts Council England.

Reading Well for children is supported by

British Association for Behavioural and Cognitive Psychotherapies, The British Psychological Society, Carers UK, Carers Trust, Mental Health First Aid England, Mental Health Foundation, Mind, National Association of Primary Care, NHS England (Children and Young People's Mental Health), Public Health England, Royal College of General Practitioners, Royal College of Psychiatrists.

Tell us what you think at
reading-well.org.uk/feedback

THE
READING
AGENCY

Books to
help you feel
better

Free at your library

**READING
WELL**
for children

reading-well.org.uk

All books are
recommended
by children
and health
professionals

ARTS COUNCIL
ENGLAND

Supported using public funding by
ARTS COUNCIL
ENGLAND

Libraries
Connected

**READING
WELL**

© The Reading Agency. Registered charity number 1085443 (England and Wales)