

**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

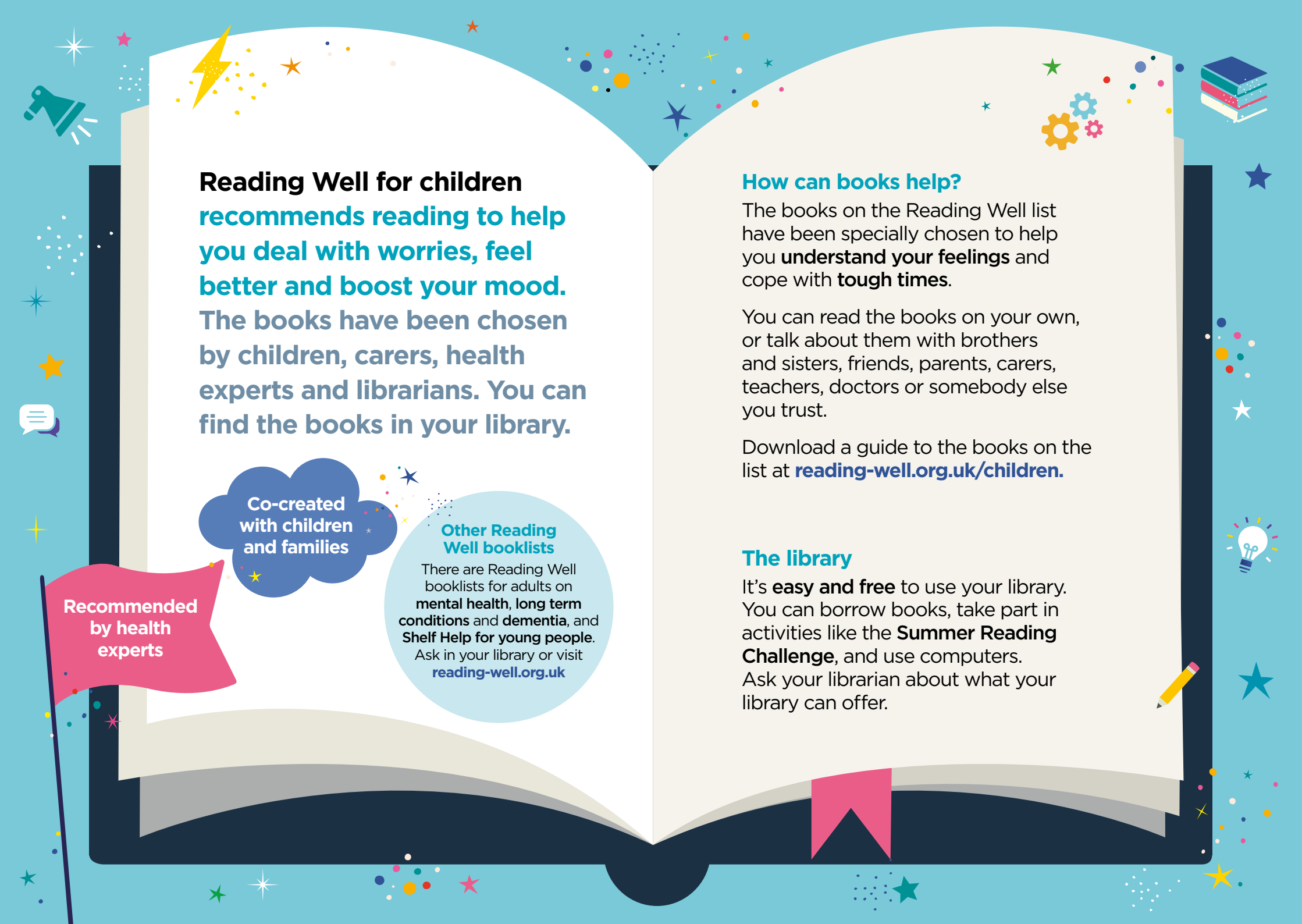


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**READING
WELL**



Reading Well for children recommends reading to help you deal with worries, feel better and boost your mood. The books have been chosen by children, carers, health experts and librarians. You can find the books in your library.

Co-created with children and families

Recommended by health experts

Other Reading Well booklists

There are Reading Well booklists for adults on **mental health, long term conditions and dementia**, and **Shelf Help for young people**. Ask in your library or visit reading-well.org.uk

How can books help?

The books on the Reading Well list have been specially chosen to help you **understand your feelings** and cope with **tough times**.

You can read the books on your own, or talk about them with brothers and sisters, friends, parents, carers, teachers, doctors or somebody else you trust.

Download a guide to the books on the list at reading-well.org.uk/children.

The library

It's **easy and free** to use your library. You can borrow books, take part in activities like the **Summer Reading Challenge**, and use computers. Ask your librarian about what your library can offer.

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

Gobblechops

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

Dealing with tough times

When someone dies

Mum's Jumper

Jayde Perkin
Book Island

Michael Rosen's Sad Book

Michael Rosen, Quentin Blake
Walker Books

If All the World Were...

Joseph Coelho, Allison Colpoys
Frances Lincoln Children's Books

Clownfish

Alan Durant
Walker Books

Getting through a tough time

The Boy Who Built a Wall Around Himself

Ali Redford, Kara Simpson
Jessica Kingsley Publishers

Up and Down Mum

Child's Play, Summer Maçon
Child's Play Ltd.

The Colour Thief: A Family's Story of Depression

Andrew Fusek Peters, Polly Peters, Karin Littlewood
Wayland

When you have a condition

Attention Deficit Hyperactivity Disorder (ADHD)

Can I Tell You About ADHD?

Susan Yarney, Chris Martin
Jessica Kingsley Publishers

Check Mates

Stewart Foster
Simon & Schuster

Autism Spectrum Disorders (ASD)

Questions and Feelings About: Autism

Louise Spilsbury, Ximena Jeria
Franklin Watts

M is for Autism

The Students of Limsfield Grange School, Vicky Martin
Jessica Kingsley Publishers

Dyslexia

The Illustrated Guide to Dyslexia and Its Amazing People

Kate Power, Kathy Iwanczak Forsyth
Jessica Kingsley Publishers

Obsessive Compulsive Disorder (OCD)

Double Felix

Sally Harris, Maria Serrano
Wacky Bee Books

Having a disability

Questions and Feelings About: Having a Disability

Louise Spilsbury, Ximena Jeria
Franklin Watts

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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.




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