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 wel as videos to help children and young people.

Childline

- a childline.org.uk
- 0800 111124 hours a day,

7 days a week.

YoungMinds

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



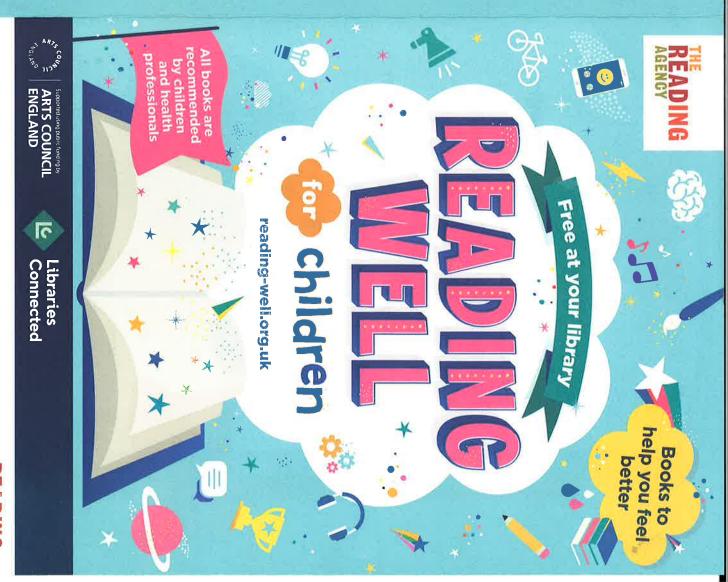
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Tell us what you think at reading-well.org.uk/feedback

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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

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

TOW can books neigh

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.**

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	Feelings
What's Going on Inside My Head? Molly Potter, Sarah Jennings Bloomsbury	How Are You Feeling Today? Molly Potter, Sarah Jennings Bloomsbury Mindful Me:
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	Exploring Emotions Paul Christelis, Elisa Paganelli Franklin Watts Feeling Angry! Katie Douglass, Mike Gordon Wayland Sometimes I Feel Sad Tom Alexander Jessica Kingsley Publishers
Ruby's Worry Tom Percival Bloomsbury	The world around you At school Dealing With Bullying
Questions and Feelings About: Worries Paul Christelis, Ximena Jeria Franklin Watts Grobblechops Elizabeth Laird, Jenny Lucander Tiny Owl Publishing	Jane Lacey, Venitia Dean Franklin Watts Planet Omar: Accidental Trouble Magnet Zanib Mian, Nasaya Mafaridik Hodder Children's Books Ella on the Outside
Me and My Fear Francesca Sanna Flying Eye Books All Birds Have Anxiety Kathy Hoopmann Jessica Kingsley Publishers	Cath Howe Nosy Crow Online #Goldilocks Jeanne Willis, Tony Ross Andersen Press
Worry Angels Sita Brahmachari, Jane Ray Barrington Stoke Outsmarting Worry Dawn Huebner, Kara McHale Jessica Kingsley Publishers	Something Bad Happened: A Kid's Guide to Coping With Events in the News Dawn Huebner, Kara McHale Jessica Kingsley Publishers

to

Recommended reading continued

Dealing with tough times

When someone dies

Mum's Jumper Javde 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



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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 Limpsfield Grange School, Vicky Martin Jessica Kingslev Publishers

Dyslexia

The Illustrated Guide to Dyslexia and Its Amazing People

Kate Power.

Kathy Iwanczak Forsyth Jessica Kingsley Publishers

Obsessive Compulsive Disorder (OCD)

O 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