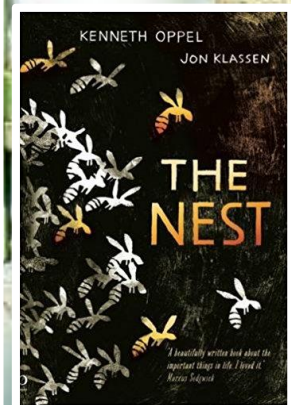
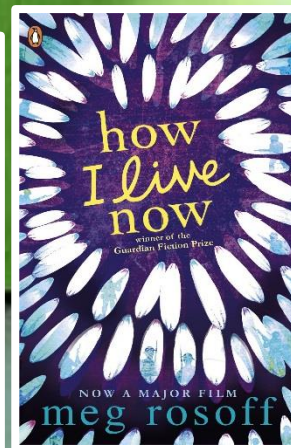
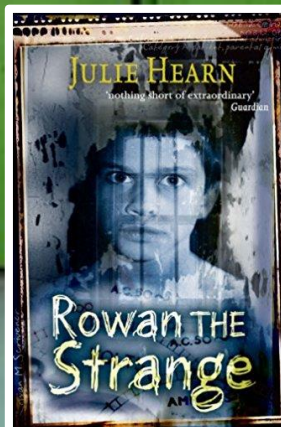
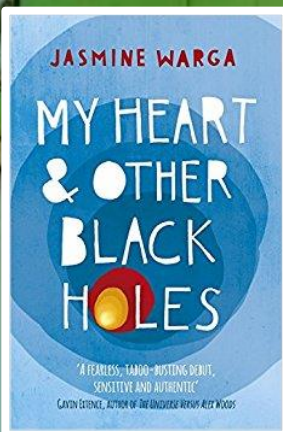
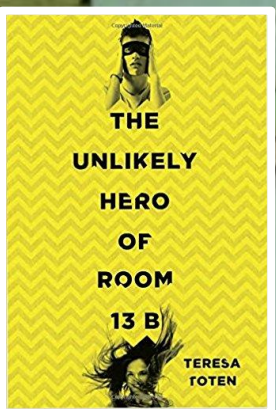
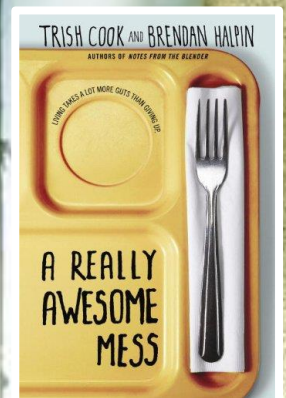
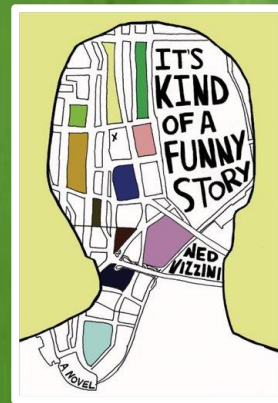
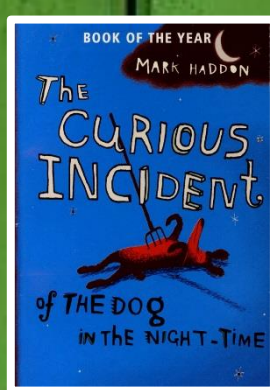
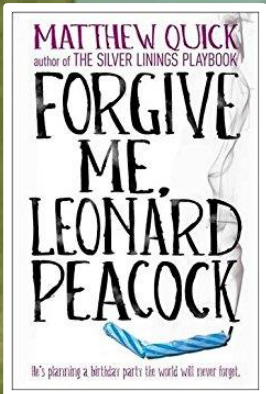
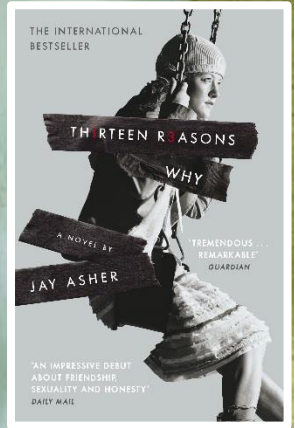
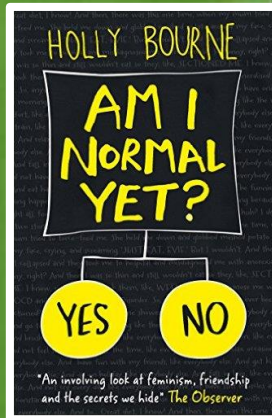
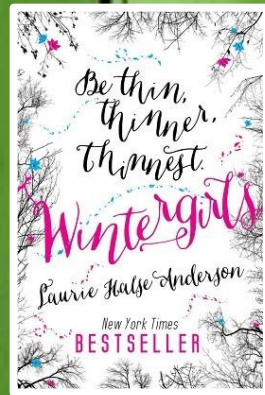
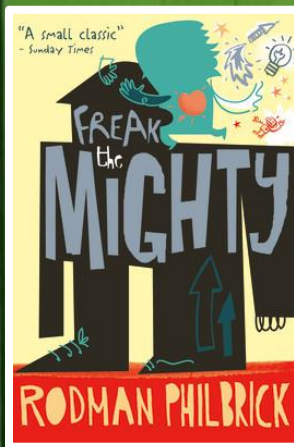
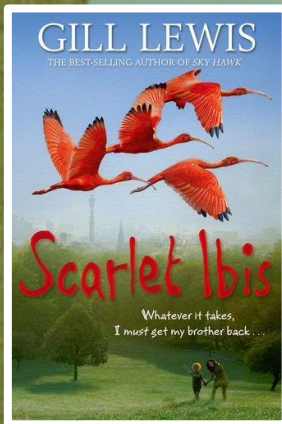
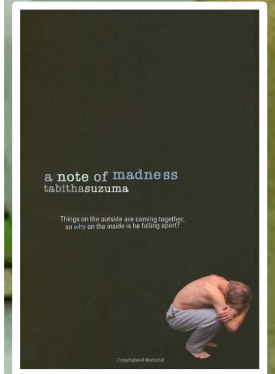
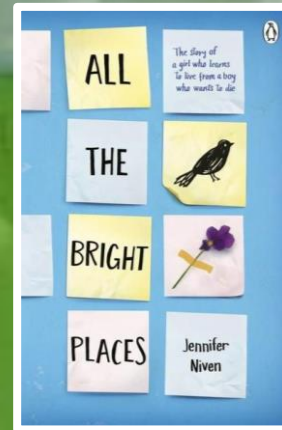
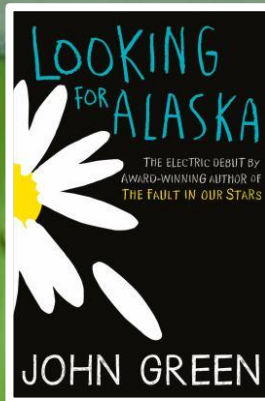
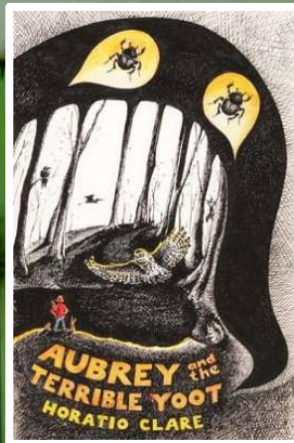
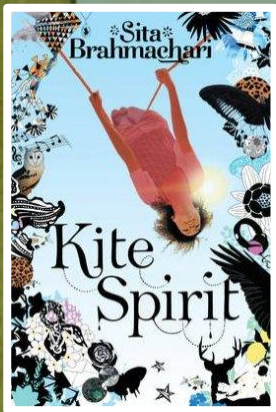


# Mental Health



Book Title & Author	Description	Recommended Reading Age
Kite Spirit – Sita Brahmachari	When Kite’s friend commits suicide, her world falls apart. Overwhelmed by grief she leaves London, but after six weeks in the Lake District she feels vulnerable and disorientated. Then she meets Garth, who seems to understand her pain.	11+
Aubrey and the Terrible Yoot – Horatio Clare	Aubrey is a rambunctious boy who tries to run before he can walk. When his father falls under a horrendous spell, Aubrey is determined to break it. A beautiful story of living with a parent suffering from depression.	11+
Looking for Alaska – John Green	Miles’ life has been a non-event, and he struggles to fit in at boarding school. Then he meets gorgeous, clever, screwed up Alaska and his life is never the same again.	14+
All the Bright Places – Jennifer Niven	Finch wants to take his own life. Violet is devastated by her sister’s death. They meet on the ledge of a bell tower, and so their story begins.	12+
A note of madness – Tabitha Suzuma	Life as a student should be good for Flynn, but beneath the surface he’s falling apart. On a good day he feels full of energy and life, but on a bad day being alive is worse than being dead.	12+
Scarlet Ibis – Gill Lewis	Scarlet looks after her severely depressed mother, and her autistic-spectrum brother Red, desperate to evade the intervention of their social worker. A fire in their flat splits the family up, until Scarlet uses her ingenuity to reunite it.	11+
Freak the Mighty – Rodman Philbrick	Kevin and Max are both accustomed to ridicule: Kevin because he is small and disabled and Max because he is huge and perceived to be stupid. When fate throws this seemingly mismatched pair together the result is awesome: Freak the Mighty.	11+
Wintergirls – Laurie Halse Anderson	Lia is a recovering anorexic living with her father, stepmother and adored stepsister. When Lia's former best friend (and bulimic), Cassie, is found dead in a motel room, Lia's delicate recovery is sent spiralling out of control.	12+
Am I Normal Yet? – Holly Bourne	Evie has made a fresh start - she's at a new college where no one knows that she has a history of OCD and Generalised Anxiety Disorder. Her medication has been reduced and she is going out and making real friends. Now she wants to have a boyfriend.	14+

Thirteen Reasons Why – Jay Asher	Clay finds a series of cassette tapes recorded by Hannah - his classmate and first love -who committed suicide two weeks earlier. Hannah’s voice explains there are 13 reasons why she did what she did - and Clay is one of them.	14+
Forgive me, Leonard Peacock – Matthew Quick	Leonard is turning 18 and he wants to say goodbye. To his four friends – a Humphrey Bogart-obsessed neighbour, a teenage violin virtuoso, a pastor’s daughter and a teacher.	14+
Go Ask Alice - Anonymous	Being fifteen is hard, but Alice seems fine. Until she goes to a party where the drinks are spiked with LSD, and Alice is never the same again. This true-life story showcases the effect of drug abuse.	14+
The Curious Incident of the Dog in the Night-time – Mark Haddon	<i>The Curious Incident</i> is a murder mystery novel like no other. The detective, and narrator, is Christopher Boone, who is fifteen and has Asperger’s Syndrome. He knows a very great deal about maths and very little about human beings.	12+
It’s Kind of a Funny Story – Ned Vizzini	Craig is ambitious and determined to succeed, but when the pressure becomes unbearable he stops eating and nearly kills himself.	14+
A Really Awesome Mess – Trish Cook and Brendan Halpin	Justin has hit rock bottom and Emmy has never fit in. Enrolled at a reform school they are forced to deal with their issues and form a group of friends who are just as broken as them.	13+
The Unlikely Hero of Room 13B – Teresa Toten	Adam has OCD and his life is pretty much as normal as it can get until he meets the love of his life; Robyn Plummer.	12+
My Heart and Other Black Holes – Jasmine Warga	Aysel and Roman meet online on a suicide partners forum and agree to kill themselves together in one month’s time. But a lot can change in a month.	11+
Rowan the Strange – Julie Hearn	Rowan knows he is strange. But <i>dangerous</i> ? He didn't mean to scare his sister. In his right mind, he wouldn't hurt a fly. But there's a place he can go where they say they can fix his mind . . .	12+
How I live now – Meg Rosoff	Fifteen-year-old Daisy is sent to England to spend a summer with her unconventional cousins during WWII. The book brilliantly tackles the topics of war, young love and anorexia.	13+
The Nest – Kenneth Oppel	A dark tragedy looms over Steve's family. The new baby is sick. His parents seem to spend all their time at the hospital. And Steve's coping with nightmares and anxiety issues all by himself.	11+