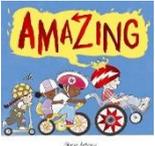




For World Mental Health Day

Booklist

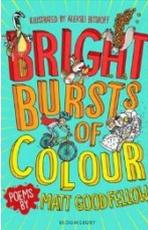
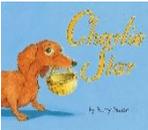
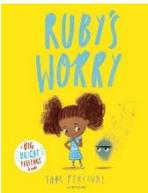
Beyond Words for World Mental Health Day encourages young people to put their feelings into words. Here is a booklist which might help you get started.

Title	Description
5 to 8 years	
 <p>Amazing by Steve Antony (Hachette) ISBN: 9781444944716</p>	A little boy and his pet dragon are the very best of friends. They laugh, they sing, they dance, they snooze. A celebration of friendship and being yourself with a positive message about celebrating diversity.
 <p>If All the World Were... by Joseph Coelho, illustrated by Allison Colpoys (Frances Lincoln) ISBN: 9781786036513</p>	A moving, lyrical picture book about a young girl's love for her granddad and how she copes when he dies, written by poet and playwright Joseph Coelho. This beautifully illustrated, powerful and ultimately uplifting text is the ideal way to introduce children to the concept of death and dying, particularly children who have lost a grandparent.
 <p>Mariella, Queen of the Skies by Eoin Colfer, illustrated by Katy Halford (Barrington Stoke) ISBN: 9781781127704</p>	Mariella loves nothing more than inventing, but bedtime keeps getting in the way of all her brilliant ideas! But everyone needs sleep, and without it all of Mariella's brilliant ideas might just disappear...
 <p>Keep Calm! (Mindful Kids) by Dr Sharie Coombes, illustrated by Katie Abey and Ellie O'Shea (Templar) ISBN: 9781787418806</p>	The encouraging and simple activities and exercises tackle emotions and address anxieties which children may be experiencing during and after the Covid-19 pandemic. Children will enjoy using their creativity to combat negative feelings and work out how to cope with these emotions through writing, colouring, doodling, drawing, DIY and physical activities.





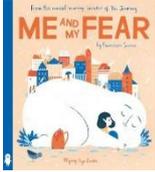
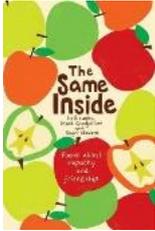
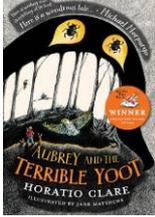
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	<p><u>Bright Bursts of Colour</u> by Matt Goodfellow, illustrated by Aleksei Bitskoff (Bloomsbury) ISBN: 9781472963543</p>	<p>What if cats had flavoured fur or if you swallowed the sun? What if you were a special kind of badger or if you found a map to the stars? And what if your home was split during the week: one half at Mum's, the other half at Dad's?</p> <p>Packed with brilliant poems that explore a whole range of themes from the downright silly to the sensitive, this collection will delight, enthuse and resonate with children and adults alike.</p>
	<p><u>Happy, Sad, Feeling Glad</u> by Yasmeen Ismail (Laurence King Publishing) ISBN: 9781780679327</p>	<p>An endearing and engaging look at emotions and how different situations cause different feelings. What has made Dog happy? Do you know what Cat is scared of? And why is Donkey so excited?</p> <p>A range of fun art activities encourages young readers to explore their feelings and express themselves with drawings, doodles and decorations.</p>
	<p><u>Charlie Star</u> by Terry Milne (Old Barn Books) ISBN: 9781910646397</p>	<p>This book addresses the issue of anxiety in a light-hearted and reassuring way. Charlie is an anxious dachshund who worries that something terrible might happen if he doesn't keep to his daily rituals. After he is called upon to help rescue a friend and in the rush forgets his rituals, Charlie discovers that he doesn't have to be ruled by them and that change can have really positive outcomes.</p>
	<p><u>Ruby's Worry</u> by Tom Percival (Bloomsbury) ISBN: 9781408892152</p>	<p>Ruby loves being Ruby. Until, one day, she finds a worry – and it won't stop growing. How can Ruby get rid of it and feel like herself again?</p> <p>This is a very beautiful, sensitive look at anxiety and how a problem shared is a problem halved.</p>





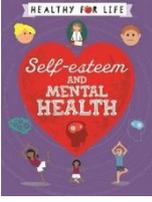
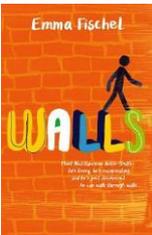
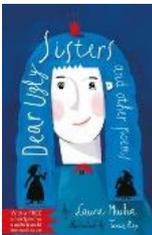
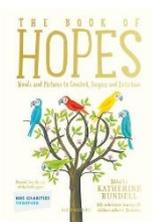
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 <p><u>Kaya's Heart Song</u> by Diwa Tharan Sanders, illustrated by Nerina Canzi (Lantana Publishing) ISBN: 9781911373070</p>	<p>Kaya is looking for her heart song – the song that happy hearts sing. Her search takes her on a journey deep into the jungle where a broken down carousel waits for a very special song to make it turn again.</p> <p>This joyful story set in the vibrant jungles of Malaysia is grounded in the principles of mindfulness, with a helpful information section at the back of the book.</p>
 <p><u>Me and My Fear</u> by Francesca Sanna (Flying Eye Books) ISBN: 9781911171539</p>	<p>A beautifully illustrated book about new beginnings and the anxieties that come along with them. When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand their language?</p>
<h2>8 to 12 years</h2>	
 <p><u>The Same Inside: Poems about Empathy and Friendship</u> by Liz Brownlee, Roger Stevens and Matt Goodfellow (Pan Macmillan) ISBN: 9781509854509</p>	<p>These fifty poems deal sensitively with feelings, empathy, respect, courtesy, bullying, disability and responsibility. They are the perfect springboard to start conversations about these topics.</p>
 <p><u>Aubrey and the Terrible Yoot</u> by Horatio Clare (Firefly Press) ISBN: 9781910080283</p>	<p>A brilliant, imaginative tale about Aubrey, whose father is suffering from depression and how he is determined to help make his dad better. Everyone says his task is impossible, but Aubrey will never give up and never surrender. With the help of some wonderful animal friends, Aubrey sets out on a spell-binding adventure to fight the Terrible Yoot!</p>





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	<p><u>Healthy for Life: Self-esteem and Mental Health (Healthy for Life)</u> by Anna Claybourne (Hachette)</p> <p>ISBN: 9781445149806</p>	<p>Growing up isn't always easy - your brain is changing and there's many things to cope with from new emotions to stress. This book explores what is self-esteem and mental health and why it's important and looks at topics such as mental illness, phobias, eating disorders and self-harm. It looks at techniques to deal with issues including stress reduction, mindfulness and assertiveness and features fun infographic style illustrations.</p>
	<p><u>Walls</u> by Emma Fischel (Oxford University Press)</p> <p>ISBN: 9780192763822</p>	<p>A moving, funny and heart-warming tale featuring Ned Harrison Arkle-Smith – whose world is falling apart - even discovering he can walk through walls isn't helping. Original and quirky, this story will help children understand the impact of family difficulties and how we all can choose how we behave, even in the most difficult and unusual of circumstances.</p>
	<p><u>Dear Ugly Sisters: Poems</u> by Laura Mucha, illustrated by Tania Rex (Otter-Barry Books)</p> <p>ISBN: 9781913074791</p>	<p>Tonight I fancy a flight, so I shuffle my short feathers and jump...</p> <p>Take off on a night flight, have a monster's lunch, listen to birdsong, shout out the Apatosaurus rap and check out Alexander Fleming's petri dish.</p> <p>A beautiful collection of poems exploring a variety of emotions, experiences and characters.</p>
	<p><u>The Book of Hopes: Words and Pictures to Comfort, Inspire and Entertain</u> by Katherine Rundell (Bloomsbury)</p> <p>ISBN: 9781526629883</p>	<p>In difficult times, what children really need is hope. This collection, packed with short stories, poems and pictures from the very best children's authors and illustrators, aims to provide a place of shelter within children's imaginations.</p>





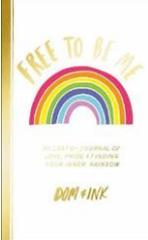
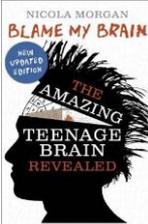
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	<p><u>You Are Awesome</u> by Matthew Syed, illustrated by Toby Triumph (Hachette) ISBN: 9781526361158</p>	<p>An inspiring book with lots of motivating messages! If you believe you can't do something, the chances are you won't try. But what if you really could get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to? <i>You Are Awesome</i> can help young readers do just that, inspiring and empowering them to find the confidence to realise their potential.</p>
	<p><u>The Goldfish Boy</u> by Lisa Thompson (Scholastic) ISBN: 9781407170992</p>	<p>A life-affirming story about a boy suffering from OCD, exploring friendship, loneliness and how to find hope even when it seems impossible.</p>
<p>12 to 16 years</p>		
	<p><u>Are We All Lemmings and Snowflakes?</u> By Holly Bourne (Usborne) ISBN: 9781474933612</p>	<p>Camp Reset is a place offering a shot at “normality” for Olive, a girl on the edge, and her new friends who each have their own reasons for being there. Luckily, Olive has a plan to solve all of their problems. But how do you fix the world when you can't fix yourself?</p>
	<p><u>Mind Your Head</u> by Juno Dawson and Dr Olivia Hewitt, illustrated by Gemma Correll (Hot Key Books)</p>	<p>We all need to take care of our mental health as much as we need to take care of our physical health, and the first step is being able to talk about it. This frank, factual and funny book covers topics from anxiety and depression to addiction, self-harm and personality disorders.</p>





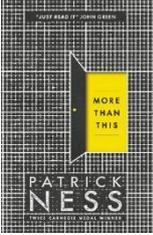
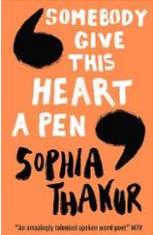
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	<p><u>Free To Be Me</u> by Dom&Ink (Penguin Random House) ISBN: 9780241387450</p>	<p>An LGBTQ+ journal with spreads to colour, scribble, design and glitter. Read quotes from real-life rainbow icons, find out how to throw your own Pride Party, and learn about the history of gay rights. Most importantly: celebrate being yourself and what makes YOU amazing!</p> <p>Warm, hilarious, caring and insightful, Free To Be Me will fill every reader with self-esteem, confidence, colour and pride.</p>
	<p><u>Night Shift</u> by Debi Gliori (Hot Key Books) ISBN: 9781471406232</p>	<p>Drawn from Debi's own experiences and with a moving testimony at the end of the book explaining how depression has affected her and how she continues to cope, Debi hopes that by sharing her own experience she can help others who suffer from depression, and to find that subtle shift that will show the way out. A groundbreaking picture book on depression with stunning illustrations.</p>
	<p><u>And the Stars Were Burning Brightly</u> by Danielle Jawando (Simon and Schuster) ISBN: 9781471178771</p>	<p>When fifteen-year-old Nathan discovers that his older brother Al, has taken his own life, his whole world is torn apart. Convinced that his brother was in trouble, Nathan decides to retrace Al's footsteps. As he does, he meets Megan, Al's former classmate, who is as determined as Nathan to keep Al's memory alive.</p> <p>An extraordinary novel about loss, understanding and the importance of speaking up when all you want to do is shut down.</p>
	<p><u>Blame my Brain: the Amazing Teenage Brain Revealed</u> by Nicola Morgan (Walker) ISBN: 9781406346930</p>	<p>When you're a teenager your brain undergoes its most radical and fundamental change since the age of two. This accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between</p>





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		genders and the reasons behind addiction or depression.
	<p><u>More Than This</u> by Patrick Ness (Walker Books) ISBN: 9781406350487</p>	A boy called Seth drowns, desperate and alone in his final moments, losing his life as the pounding sea claims him. But then he wakes. He is naked, thirsty, starving. But alive. How is that possible? Seth begins a search for answers, hoping that he might not be alone, that this might not be the hell he fears it to be, that there might be more than just this...
	<p><u>She Will Soar</u> by Ana Sampson (Pan Macmillan) ISBN: 9781529040043</p>	With poems from classic, well-loved poets as well as innovative and bold modern voices, She Will Soar is a stunning collection and an essential addition to any bookshelf. From the ancient world right up to the present day, it includes poems on wanderlust, travel, daydreams, flights of fancy, escaping into books, tranquillity, courage, hope and resilience.
	<p><u>Somebody Give This Heart a Pen</u> by Sophia Thakur (Walker Books) ISBN: 9781406388534</p>	From acclaimed performance poet Sophia Thakur comes a powerful first collection of poems exploring issues of identity, difference, faith, relationships, fear, loss and joy. Intricate, evocative and dazzling - these are poems that explore the experiences that connect people; they encourage readers to look within and explore the tendencies of the heart.

