### 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 Beale. Scholastic

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

#### Worries
- **Ruby's Worry** Tom Percival. Bloomsbury
- **Questions and Feelings About: Worries** Paul Christelis, Xiaomei Jia. 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

#### The world around you

#### At school
- **Dealing With Bullying** Jane Lacey, Venitia Dean. Franklin Watts
- **Planet Omar: Accidental Trouble Magnet** Zainb Mian, Naswaa Mafaridik. Hodder Children's Books
- **Ella on the Outside** Cath Howe. MacMillan

#### Online
- **#Goldilocks** Jeanne Willis, Tony Ross. Andersen Press

#### In the news

### 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](http://onmymind.info) for tips and advice as well as videos to help children and young people.
- **Childline**
  - [childline.org.uk](http://childline.org.uk)
  - 0800 11 11
  - 24 hours a day, 7 days a week.
- **YoungMinds**
  - [youngminds.org.uk](http://youngminds.org.uk)
  - @text YM to 85258
  - 24 hours a day, 7 days a week.

### 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.
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.

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.

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 Kingsley Publishers

Dyslexia

The Illustrated Guide to Dyslexia and Its Amazing People
Kate Power, Kathy Macintack Forsyth
Jessica Kingsley Publishers

Obsessive Compulsive Disorder (OCD)

Double Felix
Sally Harris, Maria Semano
Wacky Bee Books

Having a disability

Questions and Feelings About: Having a Disability
Louise Spilsbury, Ximena Jeria
Franklin Watts

Recommended reading continued
Dealing with tough times
When someone dies

Mum’s Jumper
Judy Parkinson
Book Island

Michael Rosen’s Sad Book
Michael Rosen, Quentin Blake
Walker Books

If All the World Were...
Joseph Coelho, Allison Colpoys
Fernando Unicorns 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 Fussel-Petters, Polly Petters, Kari Littlewood
Macmillan

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