

### Titles you might like to try from the 'Parent' collection

**Eating Disorders: a parents' guide** (618.928)  
Rachel Bryant-Waugh

**So Young, So Sad, So Listen** (618.928) Philip Graham

**Talking Back to OCD: the program that helps kids and teens say 'no way' and parents say 'way to go'** (618.928)  
John March

**Coming out Asperger: diagnosis, disclosure and self-confidence** (616.858) Dinah Murray

### Titles you might like to try from the 'All about you' collection

**Asperger Syndrome, the Universe and Everything** (J618.928) Kenneth Hall

**Blue Bottle Mystery: an asperger adventure** Kathy Hoopmann

**Putting on the Brakes: understanding and taking control of your ADD or ADHD** (J618.928) Patricia Quinn

**Think Good Feel Good: a cognitive behaviour therapy workbook for children and young people** (J616.891)  
Paul Stallard

You will also find other titles on a range of health topics suitable for children, young people and adults in our library collections.

Please see our online catalogue at [www.newcastle.gov.uk/libraries](http://www.newcastle.gov.uk/libraries) and [www.newcastle.gov.uk/healthandwellbeing](http://www.newcastle.gov.uk/healthandwellbeing)

You might also be interested in [www.healthybooks.org.uk](http://www.healthybooks.org.uk) a website that recommends children's books which deal with physical or emotional problems.

If you need this information in another format or language please phone 0191 277 4100 or email: [information@newcastle.gov.uk](mailto:information@newcastle.gov.uk)

# My life

Health and wellbeing books for teenagers



Turn a new page



Newcastle Libraries

Newcastle  
City Council

The books below are for **young people** and have been chosen with the help of Newcastle's Child and Adolescent Mental Health Services.

The books can be reserved online at [www.newcastle.gov.uk/mylife](http://www.newcastle.gov.uk/mylife) and can be found at a number of our libraries.

**Aspergers Syndrome and Autism**     **Freaks, Geeks and Asperger Syndrome: a user guide to adolescence** (T616.898)  
Luke Jackson

**Bereavement**     **Finding a Way Through When Someone Close Has Died: what it feels like and what you can do to help yourself** (T155.937) Pat Mood

**Depression**     **Overcoming Teenage Low Mood and Depression: a five areas approach** (T616.852) Nicky Dummett

**Eating Disorders**     **Diet of Despair: a book about eating disorders for young people and their families** (T616.852) Anna Paterson

**OCD**     **Touch and Go Joe: an adolescent's experience of OCD** (T616.852) Joe Wells

**Self Harm**     **The Self Harm Help Book** (T362.27)  
Lois Arnold

**What's the Harm? A book for young people who self harm or self injure** (T362.27) Lois Arnold

**A Bright Red Scream** (T616.858)  
Marilee Strong

## A selection of useful websites

**Childline**     [www.childline.org.uk](http://www.childline.org.uk)  
Free and confidential helpline for children and young adults in the UK.

**Eating Disorders Association**     [www.b-eat.co.uk](http://www.b-eat.co.uk)  
Information about eating disorders, how to get help and online support.

**Teen Life Check**     [www.nhs.uk/lifechecktools/teenlifecheck](http://www.nhs.uk/lifechecktools/teenlifecheck)  
NHS Teen LifeCheck for 12-15 year olds. Here you can check out your life and see how you're getting on.

**Young Minds**     [www.youngminds.org.uk](http://www.youngminds.org.uk)  
An interactive, informative website for children, young people and parents which includes booklets, podcasts, real life stories and booklists.

**Frank**     [www.talktofrank.com](http://www.talktofrank.com)  
A to Z list of substances explains appearance and use, effects, chances of getting hooked, health risks and UK law. Includes information on peer pressure.

