

## 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**  
omymind.info  
for tips and advice as well as videos to help children and young people.

**Childline**  
childline.org.uk  
0800 11 11  
24 hours a day,  
7 days a week.

**YoungMinds**  
youngminds.org.uk  
text YM to 85258  
24 hours a day,  
7 days a week.

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## Reading Well for children is supported by

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THE  
READING  
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Free at your library

# READING WELL

for children

[reading-well.org.uk](http://reading-well.org.uk)

All books are recommended by children and health professionals



Books to help you feel better

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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**

**Other Reading 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](http://reading-well.org.uk)

## 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](http://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.

## 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 Beer  
*Scholastic*

### Worries

- Ruby's Worry**  
Tom Percival  
*Bloomsbury*
- Questions and Feelings About: Worries**  
Paul Christelis, Ximena Jeria  
*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*
- Worry Angels**  
Sita Brahmachari, Jane Ray  
*Barrington Stoke*
- Outsmarting Worry**  
Dawn Huebner, Kara McHale  
*Jessica Kingsley Publishers*

### Feelings

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

### The world around you

#### At school

- Dealing With Bullying**  
Jane Lacey, Venitia Dean  
*Franklin Watts*
- Planet Omar: Accidental Trouble Magnet**  
Zanib Mian, Nasaya Mafaridik  
*Hodder Children's Books*
- Ella on the Outside**  
Cath Howe  
*Nosy Crow*

#### Online

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

#### In the news

- Something Bad Happened: A Kid's Guide to Coping With Events in the News**  
Dawn Huebner, Kara McHale  
*Jessica Kingsley Publishers*

## Recommended reading continued

### Dealing with tough times

#### When someone dies

- Mum's Jumper**  
Jayde 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*

### 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 Iwanczak Forsyth  
*Jessica Kingsley Publishers*

#### Obsessive Compulsive Disorder (OCD)

- 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*

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