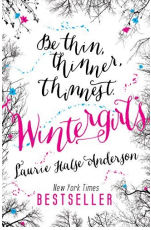


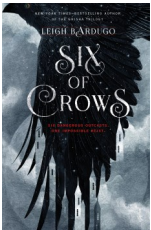
# Shelf Help

## Novels



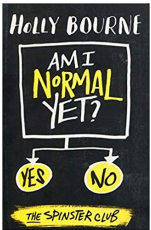
### **Wintergirls ~ Laurie Halse Anderson**

A beautifully written and riveting look at anorexia from acclaimed author Laurie Halse Anderson. Cassie and Lia are best friends, and united in their quest to be thin. But when Cassie is found dead in a motel room, Lia must question whether she continues to lose weight, or choose life instead.



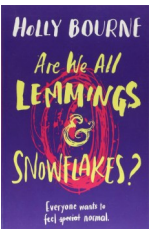
### **Six of Crows ~ Leigh Bardugo**

Criminal prodigy Kaz Brekker is offered a chance at a deadly heist that could make him rich beyond his wildest dreams - but he can't pull it off alone. A convict with a thirst for revenge. A sharpshooter who can't walk away from a wager. A runaway with a privileged past. A spy known as the Wraith. A Heartrender using her magic to survive the slums. A thief with a gift for unlikely escapes. Six dangerous outcasts. One impossible heist. Kaz's crew is the only thing that might stand between the world and de-



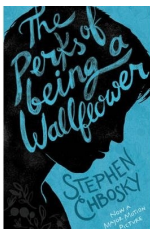
### **Am I Normal Yet? ~ Holly Bourne**

All Evie wants is to be normal. And now that she's almost off her meds and at a new college where no one knows her as the-girl-who-went-nuts, there's only one thing left to tick off her list...But relationships can mess with anyone's head - something Evie's new friends Amber and Lottie know only too well. The trouble is, if Evie won't tell them her secrets, how can they stop her making a huge mistake?



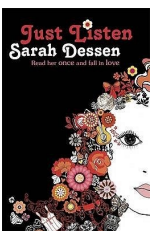
### **Are We All Lemmings & Snowflakes? ~ Holly Bourne**

Welcome to Camp Reset, a summer camp with a difference. A place offering a shot at "normality" for Olive, a girl on the edge, and for her new friends, who are all dealing with their own battles. But as Olive settles in, she starts to wonder - maybe it's this messed up world that needs fixing, and not them. And so she comes up with a plan. Because together, snowflakes can form avalanches... A trailblazing and painfully honest novel about mental



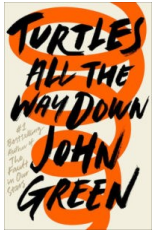
### **The Perks of Being a Wallflower ~ Stephen Chbosky**

A modern cult classic, a major motion picture and a timeless bestseller, The Perks of Being a Wallflower is a deeply affecting coming-of-age story, written as letters. Charlie is not the biggest geek in high school, but he's by no means popular. Shy, introspective, intelligent beyond his years, caught between trying to live his life and trying to run from it, Charlie is attempting to navigate through the uncharted territory of high school.



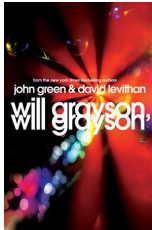
### **Just Listen ~ Sarah Dessen**

I'm Annabel. I'm the girl who has it all. Model looks, confidence. A great social life. I'm one of the lucky ones. Aren't I? My 'best friend' is spreading rumours about me. My family is slowly falling apart. It's turning into a long, lonely summer, full of secrets and silence. But I've met this guy who won't let me hide away. He's one of those intense types, obsessed with music. He's determined to make me listen. And he's determined to make me smile. But can he help me forget what happened the night everything



### ***Turtles All the Way Down* ~ John Green**

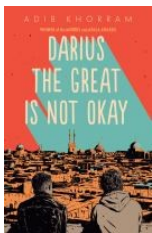
Meet Aza Holmes. She's a teenager, bright but hemmed in by troubles: introverted, obsessed by bacteria and the transmission of disease, her every thought is edged by doubt and reflection. Daisy, however, is her Best and Most Fearless Friend, and Daisy has a plan. A plan involving a missing billionaire and the promise of a hundred thousand dollar reward, money that could be theirs if only they could figure out where he has gone. That's where Russell comes in, and that's where things start to get really interest-



### ***Will Grayson, Will Grayson* ~ John Green & David Levithan**

One cold night, in a most unlikely corner of Chicago, Will Grayson crosses paths with . . . Will Grayson.

Two guys with the same name, running in two very different circles, suddenly find their lives going in new and unexpected directions, and culminating in epic turns-of-heart and the most fabulous musical ever to grace the high-school stage.



### ***Darius the Great is Not Okay* ~ Adib Khorram**

Darius Kellner is a Fractional Persian - half, his mum's side - and his first-ever trip to Iran is about to change his life. Darius has never really fit in at home, and he's sure things are going to be the same in Iran. His clinical depression doesn't exactly help matters, and trying to explain his medication to his grandparents only makes things harder. Then Darius meets Sohrab, the boy next door, and everything changes.



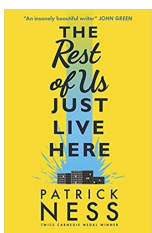
### ***Finding Audrey* ~ Sophie Kinsella**

Audrey can't leave the house. She can't even take off her dark glasses inside the house. Then her brother's friend Linus stumbles into her life. With his friendly, orange-slice smile and his funny notes, he starts to entice Audrey out again - well, Starbucks is a start. And with Linus at her side, Audrey feels like she can do the things she'd thought were too scary. Suddenly, finding her way back to the real world seems achievable.



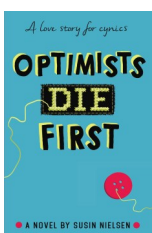
### ***I'll Give You the Sun* ~ Jandy Nelson**

Jude and her twin Noah were incredibly close - until a tragedy drove them apart, and now they are barely speaking. Then Jude meets a cocky, broken, beautiful boy as well as a captivating new mentor, both of whom may just need her as much as she needs them. What the twins don't realize is that each of them has only half the story and if they can just find their way back to one another, they have a chance to remake their world.



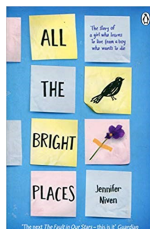
### ***The Rest of Us Just Live Here* ~ Patrick Ness**

What if you aren't the Chosen One? The one who's supposed to fight the zombies, or the soul-eating ghosts, or whatever this new thing is, with the blue lights and the death? What if you were like Mikey? Who just wants to graduate and go to prom and maybe finally work up the courage to ask Henna out before someone goes and blows up the high school. Again. Because sometimes there are problems bigger than this week's end of the world and sometimes you just have to find the extraordinary in your ordinary life. Even if your best friend might just be the God of mountain lions...



### ***Optimists Die First* ~ Susin Nielsen**

Ever since tragedy struck her family, Petula has learned to see danger everywhere - whether it's crossing the road or eating a poached egg. Petula's determined not to let her guard down, even if this means allowing herself to be ruled by anxiety and grief, and losing her best friend. Then Jacob walks into her therapy group. Strikingly tall and confident, he's survived a different kind of disaster and still come out smiling. At first Petula is repelled by his optimism, yet even she can't deny their chemistry together. But optimism is blind - and so is love. What will happen if Petula gives in to both?



### ***All the Bright Places* ~ Jennifer Niven**

On the surface, Violet Markey and Theodore Finch could not be more different; Finch is a melancholy and unusual figure, preoccupied with death. He fixates on the notion of taking his own life. However, each time he decides to kill himself, some small but wonderful thing stops him. Violet is a popular girl, usually surrounded by many friends, but she is having a hard time coming to terms with the death of her sister. When the two meet on a ledge, they manage to save each other and, understandably, find themselves drawn to one another.



### ***Gloves Off* ~ Louisa Reid**

Lily turns sixteen with two very different sides to her life: school, where she is badly bullied, and home with her mum and dad, warm and comforting but with its own difficulties. After a particularly terrible bullying incident, Lily's dad determines to give his daughter the tools to fight back. Introducing her to boxing, he encourages Lily to find her own worth. It is both difficult and challenging but in confronting her own fears she finds a way through that illuminates her life and friendships. Meeting Rose, and seeing that there is another world out



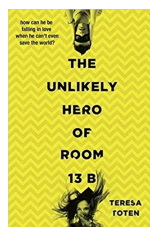
### ***Radio Silence* ~ Alice Oseman**

What if everything you set yourself up to be was wrong? Frances has always been a study machine with one goal, elite university. Nothing will stand in her way; not friends, not a guilty secret - not even the person she is on the inside. But when Frances meets Aled, the shy genius behind her favourite podcast, she discovers a new freedom. He unlocks the door to Real Frances and for the first time she experiences true friendship, unafraid



### ***The Million Pieces of Neena Gill* ~ Emma Smith-Barton**

Neena's always been a good girl - great grades, parent-approved friends and absolutely no boyfriends. But ever since her brother Akash left her, she's been slowly falling apart - and uncovering a new version of herself who is freer, but altogether more dangerous. As her wild behaviour spirals more and more out of control, Neena's grip on her sanity begins to weaken too. And when her parents announce not one but two life-changing bomb-



### ***The Unlikely Hero of Room 13B* ~ Teresa Toten**

When Adam meets Robyn he is drawn to her almost before he can take a breath. He's determined to protect and defend her, to play Batman to her Robin, whatever the cost. But when you're fourteen and the everyday problems of dealing with divorced parents and step-siblings are supplemented by the challenges of OCD, it's hard to imagine yourself falling in love.



### ***Being Miss Nobody* ~ Tamsin Winter**

Rosalind hates her new secondary school. She's the weird girl who doesn't talk. The Mute-ant. And it's easy to pick on someone who can't fight back. So Rosalind starts a blog - Miss Nobody; a place to speak up, a place where she has a voice. But there's a problem... Is Miss Nobody becoming a bully herself?



### ***Everything, Everything* ~ Nicola Yoon**

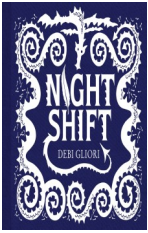
Madeline Whittier is allergic to the outside world. So allergic, in fact, that she has never left the house in all of her seventeen years. But when Olly moves in next door, and wants to talk to Maddy, tiny holes start to appear in the protective bubble her mother has built around her. Olly writes his IM address on a piece of paper, shows it at her window, and suddenly, a door opens. But does Maddy dare to step outside her comfort zone?



### ***Eliza and Her Monsters* ~ Francesca Zappia**

In the real world, Eliza Mirk is shy, weird, and friendless. Online, Eliza is LadyConstellation, anonymous creator of a popular webcomic called Monstrous Sea. With millions of followers, Eliza's persona is popular. Eliza can't imagine enjoying the real world as much as she loves her digital community. Then Wallace Warland transfers to her school and Eliza begins to wonder if a life offline might be worthwhile. When Eliza's secret is accidentally shared with the world, everything begins to fall apart.

# Visual narratives



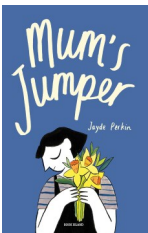
## **Night Shift ~ Debi Gliori**

With stunning black and white illustration and deceptively simple text, author and illustrator Debi Gliori examines how depression affects one's whole outlook upon life, and shows that there can be an escape - it may not be easy to find, but it is there.



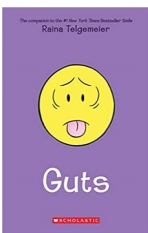
## **A Silent Voice ~ Yoshitoki Oima**

"I wish we had never met. I wish we could meet once more." Years ago, Shoya Ishida led his peers in tormenting a hearing-impaired classmate, Shoko Nishimiya. When she transfers schools, Shoya finds he has gone from bully to bullied, and is left completely alone. Now Shoya struggles to redeem himself in Shoko's eyes and to face the classmates who turned on him. He learns sign language to apologise to Shoko for his behaviour, and so begins a relationship that will change his and Shoko's lives forever.



## **Mum's Jumper ~ Jayde Perkin**

If Mum has gone, how do you carry on? Missing her feels like a dark cloud that follows you around, or like swimming to a shore that never comes any nearer. But memories are like a jumper that you can cuddle and wear. And Mum's jumper might be a way to keep her close. A simple, heartfelt and ultimately uplifting book for anyone coping with loss.



## **Guts ~ Raina Telgemeier**

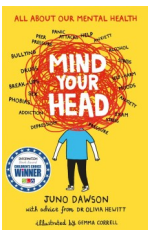
Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug. Raina eventually returns to school, where she's dealing with the usual highs and lows: friends, not-friends, and classmates who think the school year is just one long gross-out session. It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on?

# Non-Fiction



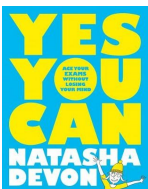
## **It's Not OK to Feel Blue (and other lies) ~ Scarlett Curtis (editor)**

Everyone has a mental health. So we asked: What does your mental health mean to you? THE RESULT IS EXTRAORDINARY. Over 50 people have shared their story. This book is here to tell you: You are OK.



## **Mind Your Head ~ Juno Dawson**

We all have a mind, so 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 our mental health. Juno Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covers topics from anxiety and depression to addiction, self-harm and personality disorders



## **Yes You Can ~ Natasha Devon**

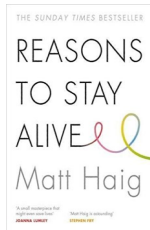
Ace your exams without losing your mind with this one-stop, inspiring and empowering guide. Exams can seem overwhelming - but they don't have to be. In *Yes You Can: Ace Your Exams Without Losing Your Mind*, mental health campaigner and exam expert Natasha Devon uses her expertise to show you not just how to stay calm in the face of exams, but also how you can absolutely smash them.





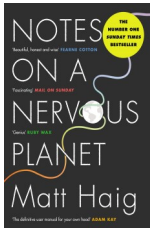
### **You Got This ~ Bryony Gordon**

When Bryony Gordon was young she wanted to be anything but herself. It was when she realised that not wanting to be herself was at the heart of every dumb decision she had ever made that she decided to write a book containing all the life lessons she wishes someone had taught her. A book for the teenage girl in her. And for every teenage girl out there. Because the most powerful thing you can be



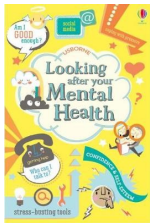
### **Reasons to Stay Alive ~ Matt Haig**

This is the true story of how Matt Haig came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more than a memoir. It is a book about making the most of your time on earth.



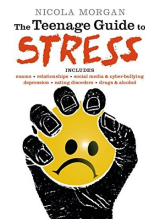
### **Notes on a Nervous Planet ~ Matt Haig**

How can we stay sane on a planet that makes us mad? How do we stay human in a technological world? How do we feel happy when we are encouraged to be anxious? After experiencing years of anxiety and panic attacks, these questions became urgent matters of life and death for Matt Haig. And he began to look for the link between what he felt and the world around him.



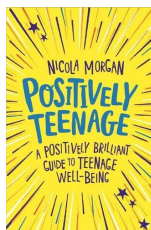
### **Looking After with your Mental Health ~ Alice James & Louie Stowell**

We talk about our physical health - but not so much about how we're feeling. With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to divorce, depression and eating disorders, this is an essential book for young people.



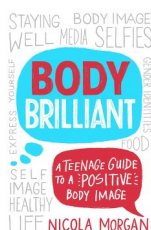
### **The Teenage Guide to Stress ~ Nicola Morgan**

This book for teenagers - but essential for adults who want to understand - tackles all the external stresses that teenagers face. As well as a sympathetic, practical and positive look at all those stress-es, *The Teenage Guide to Stress* clearly explains the biology behind stress and, crucially, a huge range of strategies and suggestions to deal with it and prevent negative symptoms.



### **Positively Teenage ~ Nicola Morgan**

This book gives you tools to approach your teenage years with optimism and understanding and to develop real wellbeing for life. The media so often portray adolescence negatively but this book shows you how to approach these years far more positively so that you can really flourish and be in control. You'll find simple strategies to develop a positive attitude, growth mindset, self-understanding, determination and resilience and you'll see how those strengths will help you cope with any challenges, enjoy life and



### **Body Brilliant ~ Nicola Morgan**

We're all bombarded with information and images - through the media and our peers - about being too big, too small, being cool, being popular or having the 'right' kind of clothes. This book addresses the body issues that nearly everyone worries about at some point in their lives and gives practical and mindful solutions to work through worries, using real-life examples, quotes and anecdotes from young adults interviewed especially for this book.



### **You Are Awesome ~ Matthew Syed**

I'm no good at sport ... I can't do maths ... I really struggle with exams ... Sound familiar? 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? *You Are Awesome* can help you do just that, inspiring and empowering young readers to find the confidence to realise their potential. Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into suc-