

Summary – Healthy Young Minds Reading Collection Self-Help Titles

The NHS GG&C Early Intervention Training in Psychological Skills (TIPS) team have been working with Glasgow City Libraries to develop two lists of recommended titles for children and young people's emotional and mental health which the libraries have kindly offered to stock. These are:

1. A list of 'self-help' books for children and young people based on therapies for common mild emotional and mental health difficulties (detailed below)
2. A list of fictional story books about common emotions and life experiences for children and fiction books around mental health themes for adolescents **(in progress)**.

For the 'self-help' collection, the libraries offered to stock 12 titles in every community library and 10 titles in every secondary school library within Glasgow City and these are listed below. These titles are all included within the longer list but are detailed below separately in case this is helpful. We have also collated a longer list of books which will be made available in at least one library across the city to allow families to request these if they are not available within their local library.

Some recommended titles (marked with *) have not been available for the libraries to order and therefore alternatives for these have been suggested.

Short List - Titles to be available in every community library

1. (Coping with Emotions – Child) How to be a superhero called self-control - Lauren Brukner *
OR: The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses- Lauren Brukner
2. (Coping with Emotions – Adolescent) Don't let your emotions run your life for teens - Sheri Van Dijk
3. (Anxiety / Low Mood – Adolescent) Think Good Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People (2nd Edition) - Paul Stallard
4. (Anxiety/Worry – Child) What to do when you worry too much A Kid's Guide to Overcoming Anxiety - Dawn Huebner*
Or Starving the Anxiety Gremlin by Kate Collins (5-9 years)
5. (Anxiety/Worry – Child) Outsmarting Worry: An Older Kid's Guide to Managing Anxiety - Dawn Huebner
6. (Stress – Adolescent) Fighting Invisible Tigers – stress management for teens - Earl Hipp
7. (Exam Stress – Adolescent) Starving the exam stress gremlin - Katie Collins-Donnelly
8. (Anger – Child) What to do when your temper flares: A Kid's Guide To Overcoming Problems With Anger - Dawn Heubner

9. (Low mood – Adolescent) Am I depressed and what can I do about it – a CBT self help book for teenagers experiencing low mood and depression - Shirley Reynolds & Monika Parkinson
10. (Behaviour Management / Parent/Carer-Child Relationship – Young Child) What every parent needs to know : The incredible effects of love, nurture and play on your child's development - Margot Sutherland
11. (Behaviour Management / Parent/Carer-Child Relationship) The Incredible Years- Carolyn Webster-Stratton*
Or No-Drama Discipline: the whole-brain way to calm the chaos and nurture your child's developing mind - by Daniel J. Siegel & Tina Payne Bryson
12. (Behaviour Management / Parent/Carer-Child Relationship – Adolescent) We need to talk – straight talking guide to raising resilient teens - Helen Fielding

Short List - Titles to be available in every secondary school library

1. (Coping with emotions) Don't let your emotions run your life for teens - Sheri Van Dijk
2. (Anxiety / Low Mood) Think Good Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People (2nd Edition) - Paul Stallard
3. (Anxiety / Low Mood) Stuff that sucks: Accepting what you can and can't change and committing to what you can - Ben Sedley
4. (Stress) Fighting invisible tigers – stress management for teens - Earl Hipp
5. (Social Anxiety) The shyness and social anxiety workbook for teens - Jennifer Shannon
6. (Exam Stress) Starving the exam stress gremlin - Katie Collins- Donnelly
7. (Low Mood) Am I Depressed: and what can I do about it – a CBT self-help book for teenagers experiencing low mood and depression - Shirley Reynolds & Monika Parkinson
8. (Bullying & Friendships) Bullies, Cyber bullies & Frenemies - Michael Elliot
9. (Self-Esteem) Banish your self-esteem thief - Kate Collins Donnelly
10. (OCD) Breaking free from OCD: A CBT guide for Young People and their families - Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner

Healthy Young Minds Reading Collection - Self-Help Topics List

1. **ADHD**
2. **Anger**
3. **Anxiety / Worry / Stress** (see also *Exam Stress, OCD, Panic Attacks, Phobias, Relaxation, Selective Mutism, Separation Anxiety, Social Anxiety/Shyness*)
4. **Autism Spectrum Conditions (Asperger's Syndrome & Autism)**
5. **Behaviour Management / Parent/Carer-Child Relationship**
6. **Body Image**
7. **Bullying**
8. **(Coping with) Emotions**
9. **Exam Stress**
10. **Friendships**
11. **Habits**
12. **Low Mood / Sadness**
13. **OCD**
14. **Panic Attacks**
15. **Perfectionism**
16. **Phobias**
17. **Positive Well being**
18. **Relaxation**
19. **Sadness / Low Mood**
20. **Selective mutism**
21. **Self Esteem**
22. **Self-harm**
23. **Sensory Sensitivity / Sensory Processing**
24. **Separation Anxiety**
25. **Sleep Difficulties**
26. **Social Anxiety/Shyness**
27. **Stress**
28. **Tourette Syndrome**
29. **Trauma**

1. ADHD

Child

- Can I tell you about ADHD?: A guide for friends, family and professionals Paperback – Illustrated, 15 Jan 2013

Adolescent

- Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD (Bop) by Patricia O. Quinn | 30 May 2012

2. Anger

Child

Young Child (3-5 years):

- A Feel Better Book for Little Tempers By Holly Brochmann and Leah Bowen

School Age Child:

- What to Do When Your Temper Flares: A Kid's Guide To Overcoming Problems With Anger By Huebner, Dawn
- What To Do When It's Not Fair: A Kid's Guide To Handling Envy And Jealousy By Toner, Jacqueline B.; Freeland, Claire A. B.

Adolescent

- Mindfulness for teen anger – a workbook to overcome anger and aggression using MBSR & DBT skills. By Purcell & Murphy

3. Anxiety / Worry / Stress

(see also Exam Stress, OCD, Panic Attacks, Phobias, Relaxation, Selective Mutism, Separation Anxiety, Social Anxiety/Shyness)

Child

Young child (Age 3-6 years) -

- A Feel Better Book for Little Worriers By Holly Brochmann and Leah Bowen ISBN: 978-1-4338-2718-1

School Age child:

- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety *(on Top 10 list but not available)*

Or

Starving the Anxiety Gremlin by Kate Collins (5-9 years)

- Something Bad Happened: A Kid's Guide to Coping With Events in the News By Dawn Huebner

Older School Age (9-13 years):

- Outsmarting Worry: An Older Kid's Guide to Managing Anxiety Paperback – 19 Oct 2017 by Dawn Huebner PhD (Author) (*on Top 10 list*)

Adolescent

- Think Good, Feel Good: A Cognitive Behavioural Therapy Workbook for Children and Young People by Paul Stallard | 21 Dec 2018 (*on schools list*)
- Fighting invisible tigers – stress management for teens by Earl Hipp (*on Top 10 list & on schools list*)
- The Relaxation and Stress Reduction Workbook for Teens: CBT Skills to Help You Deal with Worry and Anxiety (Instant Help) by Michael A. Tompkins , Jonathan R. Barkin, et al. |. (Also listed under relaxation)

Parent/Carer of child:

- Helping Your Child with Fears and Worries 2nd Edition: A self-help guide for parents Paperback – 11 Apr 2019 by Cathy Creswell (Author), Lucy Willetts (Author), Prof Peter Cooper (Editor), Polly Waite (Editor)

Parent/Carer of adolescent:

- Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Fear, Stress, and Worry Paperback – 27 Apr 2017 by Achar Josephs, Sheila (Author) (checked)

4. Autism Spectrum Conditions (Asperger's Syndrome & Autism)

Child

- Can I tell you about Autism?: A guide for friends, family and professionals by Jude Welton | 21 Mar 2014
- Can I tell you about Asperger Syndrome?: A guide for friends and family by Jude Welton | 15 Sep 2003

Adolescent

- The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome Paperback – Illustrated, 15 Oct 2012

Parent/Carer

- How to live with Autism & Asperger syndrome - Williams & Wright

5. Behaviour Management / Parent/Carer-Child Relationship

Parent/carer of young children -

- What every parent needs to know : The incredible effects of love, nurture and play on your child's development - by Margot Sunderland (*on Top 10 list*)
- How To Talk So Little Kids Will Listen : A Survival Guide to Life with Children Ages 2-7 by Joanna Faber , By (author) Julie King
- What's My Child Thinking?: Practical Child Psychology for Modern Parents Flexibound – 7 Feb 2019 by Tanith Carey (Author), Dr Angharad Rudkin (Consultant Editor)
- The book you wish you parents had read (and your children will be glad that you did) – Philippa Perry

Parent/carer of young children & school age children -

1st choice –

- The Incredible Years Paperback – 1 Mar 2006 by Carolyn Webster-Stratton (Author) (*on Top 10 list but not available*)

Or No-Drama Discipline: the whole-brain way to calm the chaos and nurture your child's developing mind - by Daniel J. Siegel & Tina Payne Bryson

- How to talk so kids will listen Adele Faber , By (author) Elaine Mazlish
- Parenting a child with emotional and behavioural difficulties by Dan Hughes
- The book you wish you parents had read (and your children will be glad that you did) – Philippa Perry

Parent/carer of adolescents –

- We need to talk – straight talking guide to raising resilient teens by Helen Fielding (*on Top 10 list*)
- How to Talk so Teens will Listen & Listen so Teens will Talk by Faber
- Blame my Brain by Nicola Morgan
- The book you wish you parents had read (and your children will be glad that you did) – Philippa Perry

6. Body Image

Adolescent

- Banish your body image thief by Kate Collins-Donnelly

7. Bullying

Adolescent

- Bullies, Cyberbullies and frenemies by Michael Elliot (*on schools list*)

8. (Coping with) Emotions

Child –

- How to be a superhero called self-control (*on Top 10 list but not available*)

OR:

The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses

- Exploring Emotions: A Mindfulness Guide to Dealing with Emotions (Mindful Me) Paperback – 26 Sep 2019 by Paul Christelis (Author), Elisa Paganelli (Illustrator)

Adolescent –

- Stuff that sucks: Accepting what you can and can't change and committing to what you can by Ben Sedley (*on schools list*)
- Don't let your emotions run your life for teens by Sheri Van Dijk (*on Top 10 list*) (*on schools list*)

Parent/carers –

- (Young Child) What every parent needs to know : The incredible effects of love, nurture and play on your child's development - Margot Sutherland (already listed)
- (Child) Parenting a child who has intense emotions by Pat Harvey & Jeanine Penzo
- (Child) Parenting a child with emotional and behavioural difficulties by Dan Hughes
- (Adolescent) Parenting a teen who has intense emotions by Pat Harvey & Britt Rathbone

9. Exam Stress

Adolescent

- Starving the exam stress gremlin by Katie Collins-Donnelly (*on Top 10 list*) (*on schools list*)

10. Friendships

Adolescent

- The Teenage Guide to Friends by Nicola Morgan

11. Habits

Child

- What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More

12. Low Mood / Sadness

Child

- *Young Child, 3-5 years:* A Feel Better Book for Little Tears by Holly Brochmann
- *School Age Child:* What To Do When You Grumble Too Much: A Kid's Guide To Overcoming Negativity By Huebner, Dawn

Adolescent

- Think Good, Feel Good: A Cognitive Behavioural Therapy Workbook for Children and Young People by Paul Stallard | 21 Dec 2018 *(on schools list) (already listed)*
- Am I depressed and what can I do about it – A CBT self help book for teenagers experiencing low mood and depression by Shirley Reynolds and Monika Parkinson *(on Top 10 list) (on schools list)*
- Defeating Teenage Depression: Getting There Together by Roslyn Law

Parent/Carer

- Teenage depression CBT Guide for parents – by Shirley Reynolds

13. OCD

Child

- What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD By Dawn Huebner, ISBN: 978-1-59147-805-8

Adolescent

- Breaking Free from OCD: A CBT Guide for Young People and Their Families by Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner | 15 May 2008 (*on schools list*)

14. Panic Attacks

Adolescent

- The panic workbook for teens – breaking the cycle of fear, worry and panic attacks by Debra Kissen - see on google books

15. Perfectionism

Child

- What To Do When Mistakes Make You Quake: A Kid's Guide To Accepting Imperfection By Freeland, Claire A. B.; Toner, Jacqueline B.

Adolescent

- The Perfectionism Workbook for Teens: Activities to Help You Reduce Anxiety and Get Things Done Paperback – 24 Nov 2016 by Ann Marie Dobosz (Author)
- The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are by Karen Bluth and Kristin Neff

16. Phobias

Child

- What to Do When Fear Interferes: A Kid's Guide to Overcoming Phobias By Claire A. B. Freeland, PhD, and Jacqueline B. Toner, PhD
Age Range: 6-12 , **ISBN:** 978-1-4338-2974-1

17. Positive Well being

Child

- Have You Filled a Bucket Today? (Bucketfilling Books) Paperback – 1 Oct 2015 by Carol McCloud (Author), David Messing (Author)
- Exploring Emotions: A Mindfulness Guide to Dealing with Emotions (Mindful Me) Paperback – 26 Sep 2019 by Paul Christelis (Author), Elisa Paganelli (Illustrator) (also listed under managing emotions)

Adolescent

- Positively Teenage: A positively brilliant guide to teenage well-being by Nicola Morgan
- The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are by Karen Bluth and Kristin Neff (also listed under self-esteem)

18. Relaxation

Child

- Relax Kids - Pants of Peace: 52 meditation tools for children by Marneta Viegas | 29 Aug 2014
- Relax Kids: The Wishing Star Paperback – Illustrated, 28 Nov 2014 by Marneta Viegas (Author), Nicola Wyldbore-Smith (Illustrator)

Adolescent

- The Relaxation and Stress Reduction Workbook for Teens: CBT Skills to Help You Deal with Worry and Anxiety (Instant Help) by Michael A. Tompkins , Jonathan R. Barkin, et al.

19. Sadness / Low Mood

(all listed previously under low mood)

Child

Young child (3-5 years): A Feel Better Book for Little Tears by Holly Brochmann

School Age: What To Do When You Grumble Too Much: A Kid's Guide To Overcoming Negativity By Huebner, Dawn

- Have You Filled a Bucket Today? (Bucketfilling Books) Paperback – 1 Oct 2015 by Carol McCloud (Author), David Messing (Author) (also listed under positive well being)

Adolescent

- Think Good, Feel Good: A Cognitive Behavioural Therapy Workbook for Children and Young People by Paul Stallard | 21 Dec 2018 (*on schools list*) (*already listed*)
- Am I depressed and what can I do about it – A CBT self help book for teenagers experiencing low mood and depression by Shirley Reynolds and Monika Parkinson (*on Top 10 list*) (*on schools list*)
- Defeating Teenage Depression: Getting There Together by Roslyn Law

Parent/Carer

- Teenage depression CBT Guide for parents – by Shirley Reynolds

20. Selective mutism

Child

- Can I tell you about Selective Mutism?: A guide for friends, family and professionals by Maggie Johnson and Alison Wintgens | 15 Jun 2012

21. Self Esteem

Child

- Don't Put Yourself Down in Circus Town: A Story About Self-Confidence By Frank J. Sileo, PhD 4-8 years ISBN: 978-1-4338-1913-1

Adolescent

- Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People by Kate Collins-Donnelly | 21 Apr 2014 (*on schools list*)
- The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are by Karen Bluth and Kristin Neff (already listed)

22. Self-harm

Adolescent

- Stopping the pain: a workbook for teens who self-injure by Lawrence Shapiro

23. Sensory Sensitivity / Sensory Processing

Child

- Can I tell you about Sensory Processing Difficulties? - Sue Allen
- How to be a superhero called self control (*on Top 10 list but not available*) (already listed)

OR:

The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses (already listed)

24. Separation Anxiety

Child

What to Do When You Don't Want to Be Apart: A Kid's Guide to Overcoming Separation Anxiety (What-to-Do Guides for Kids (R))

25. Sleep Difficulties

Child

- Sleep Easy: A Mindfulness Guide to Getting a Good Night's Sleep (Mindful Me) Hardcover – 25 Jan 2018 by Paul Christelis (Author), Elisa Paganelli (Illustrator)

Adolescent

- The Insomnia Workbook for Teens: Skills to Help You Stop Stressing and Start Sleeping Better (Instant Help Book for Teens) Paperback – 25 Oct 2018 by Tompkins PhD, Michael A. (Author), Monique A Thompson (Author), Judith S. Beck (Author)

Parent/Carer of baby/young child:

- The Gentle Sleep Book: For calm babies, toddlers and pre-schoolers Paperback – 5 Mar 2015 by Sarah Ockwell-Smith

Parent/Carer of school age child/adolescent:

- Helping Your Child with Sleep Problems

26. Social Anxiety/Shyness

Child

- What to Do When You Feel Too Shy: A Kid's Guide to Overcoming Social Anxiety (What-to-Do Guides for Kids) Paperback – October 17, 2016 by Claire A. B. Freeland (Author), Jacqueline B. Toner (Author), Janet McDonnell (Illustrator)

Parent/Carer

- Overcoming Your Child's Shyness and Social Anxiety (Overcoming Books) Paperback – 30 Aug 2007 by Lucy Willetts (Author), Cathy Creswell (Author)

Adolescent

- The Shyness and Social Anxiety Workbook for Teens: CBT and ACT skills to Help You Build Social Confidence (An Instant Help Book for Teens) Paperback – 2 Aug 2012 by Jennifer Shannon (Author) (*on schools list*)

27. Stress

Adolescent

- Fighting invisible tigers – stress management for teens by Earl Hipp (*on Top 10 list*) (*on schools list*) (*already listed*)

- The Relaxation and Stress Reduction Workbook for Teens: CBT Skills to Help You Deal with Worry and Anxiety (Instant Help) by Michael A. Tompkins , Jonathan R. Barkin, et al.]. (listed also under relaxation)

28. Tourette Syndrome

Child

- Can I tell you about Tourette Syndrome?: A guide for friends, family and professionals Paperback – Illustrated, 21 Dec 2013 by Mal Leicester (Author)

29. Trauma

Child

- Healing Days: A Guide For Kids Who Have Experienced Trauma By Susan Farber Straus, PhD Age Range: 6-11

Parent/Carer

- Parenting a child with emotional and behavioural difficulties by Dan Hughes
- The Simple Guide to Child Trauma : What it is and How to Help - Betsy De Thierry