



# EDUCATION LIBRARY SERVICE

## Mental Health - Key Stage 3 and 4

---

Author	Title	Publication	Topic	Suitability
Ainsworth, Eve	7 Days	2015	Bullying	13+
Anderson, Laurie	The Impossible	2014	PTSD	14+
Halse	Knife of Memory			
Anderson, Laurie	Speak	2001	Sexual abuse/PTSD	14+
Halse				
Anderson, Laurie	Wintergirls	2011	Anorexia	14+
Halse				
Barnard, Sara	A Quiet Kind of Thunder	2017	Selective mutism	14+
Baron, Adam	Boy Underwater	2018	Mental illness	8+
Barr, Emily	One Memory of Flora Banks	2017	Anterograde amnesia	14+
Barr, Emily	The Truth and Lies of Ella Black	2018	Family/loss/distrust	14+
Bell, Julia	Massive	2002	Eating disorder	14+
Bennett, Jenn	Night Owls	2015	Schizophrenia	14+
Bourne, Holly	Am I Normal Yet?	2015	Obsessive compulsive disorder/anxiety	14+
Bourne, Holly	Are We All Lemmings and Snowflakes?	2018	Bipolar disorder/mental illness	14+
Brahmachari, Sita	Kite Spirit	2013	Grief/suicide	12+

<b>Author</b>	<b>Title</b>	<b>Publication</b>	<b>Topic</b>	<b>Suitability</b>
Brahmachari, Sita	Worry Angels	2017	Anxiety	9+
Cameron, Sophie	Out of the Blue	2018	Grief	12+
Cassidy, Cathy	Love from Lexie	2017	Identity/adoption/family dynamics	11+
Chbosky, Stephen	The Perks of Being a Wallflower	1999	Suicide/abuse	15+
Christie, Sally	The Icarus Show	2016	Bullying/suicide	11+
Cloke, Nicci	Toxic	2018	Peer pressure/substance abuse/sexual assault	14+
Conaghan, Brian	When Mr Dog Bites	2014	Tourette syndrome/terminal illness	14+
Cotterill, Jo	Jelly	2018	Body image/confidence	9+
Cotterill, Jo	A Library of Lemons	2016	Grief	9+
Cross, Gillian	Shadow Cat	2015	Bipolar disorder	9+
Crossan, Sarah	Moonrise	2017	Grief	13+
Danforth, Emily M.	The Miseducation of Cameron Post	2017	Grief/identity/LGBT	15+
Dessen, Sarah	The Truth About Forever	2008	Grief	13+
Dockrill, Laura	Big Bones	2018	Body image	14+
Dowd, Siobhan	The London Eye Mystery	2007	Asperger's syndrome	9+

<b>Author</b>	<b>Title</b>	<b>Publication</b>	<b>Topic</b>	<b>Suitability</b>
Downham, Jenny	Unbecoming	2016	Dementia/family dynamics	14+
Doyle, Roddy	Brilliant	2014	Depression	8+
Eagar, Lindsey	Hour of the Bees	2016	Dementia	11+
Earle, Phil	Mind the Gap	2017	Grief	11+
Eastham, Ruth	The Memory Cage	2011	Dementia	
Edge, Christopher	The Many Worlds of Albie Bright	2016	Grief	8+
Fairfield, Lesley	Tyranny	2011	Anorexia	13+
Fitzgerald, Sarah Moore	The Apple Tart of Hope	2014	Bullying/grief	11+
Forman Gayle	I Have Lost My Way	2018	Grief/identity/friendship	14+
Foster, Stewart	All the Things That Could Go Wrong	2017	Bullying	10+
Foster, Stewart	The Bubble Boy	2016	Terminal illness	11+
Glasgow, Kathleen	Girl in Pieces	2016	Self-harm/anxiety	15+
Gliori, Debi	Night Shift	2018	Depression	11+
Gornall, Louise	Under Rose-Tainted Skies	2016	Agoraphobia	13+
Gourlay, Candy	Shine	2013	Mutism	8+
Green, John	Turtles All the	2017	Anxiety/obsessive	14+

<b>Author</b>	<b>Title</b>	<b>Publication</b>	<b>Topic</b>	<b>Suitability</b>
	Way Down		compulsive disorder	
Grehan, Megan	The Space	2017	Agoraphobia	14+
	Between			
Haddon, Mark	The Curious	2004	Autism	14+
	Incident of the			
	Dog in the Night-			
	Time			
Haston, Meg	Paperweight	2015	Eating disorder	14+
Hearn, Julie	Rowan the	2010	Schizophrenia	12+
	Strange			
Heathfield, Lisa	Paper Butterflies	2016	Abuse	14+
Hennessy, Claire	Nothing Tastes as	2016	Eating disorder	15+
	Good			
Hood, Kim	Finding a Voice	2014	Mental illness	11+
Howe, Cath	Ella on the	2018	Bullying	8+
	Outside			
Israel, Julie	Juniper Lemon's	2017	Grief	13+
	Happiness Index			
Jozefkowicz, Ewa	The Mystery of	2018	PTSD	10+
	the Colour Thief			
King, Wesley	OCDaniel	2017	Obsessive compulsive	11+
			disorder	
Kinsella, Sophie	Finding Audrey	2015	Agoraphobia	13+
Lange, Erin	Butter	2013	Suicide/bullying/social	13+
			media	

<b>Author</b>	<b>Title</b>	<b>Publication</b>	<b>Topic</b>	<b>Suitability</b>
Lange, Erin	Dead Ends	2014	Bullying	13+
Laure, Estelle	This Raging Light	2016	Mental illness	12+
Lawrence, Patrice	Indigo Donut	2017	Grief/identity/foster care	14+
Lean, Sarah	The Forever Whale	2013	Alzheimer's	9+
Lewis, Gill	Scarlet Ibis	2014	Depression/autism	10+
Lindstrom, Eric	A Tragic Kind of Wonderful	2016	Grief/mental illness	13+
Lockhart, E	The Boyfriend List	2006	Anxiety	14+
Lord, Emery	When We Collided	2016	Bipolar disorder	14+
Lucas, Rachael	My Box-Shaped Heart	2018	Hoarding disorder/bullying	12+
Lucas, Rachael	State of Grace	2017	Asperger's Syndrome	12+
Martin, Vicky	M in the Middle: Secret Crushes, Mega-colossal Anxiety and the People's Republic of Autism	2016	Autism	12+
Master, Irfan	Out of Heart	2017	Grief/loneliness	13+
McCombie, Karen	The Pearl in the Attic	2017	Dementia/family dynamics	9+
McKenzie, Sophie	SweetFreak	2017	Bullying/social media	11+

Find more reading lists on our online catalogue at: <https://cheshire-els.oliverasp.co.uk>

<b>Author</b>	<b>Title</b>	<b>Publication</b>	<b>Topic</b>	<b>Suitability</b>
Mulligan, Andy	The Boy with Two Heads	2015	Grief	11+
Nelson, Jandy	The Sky is Everywhere	2011	Grief	13+
Ness, Patrick	The Rest of Us Just Live Here	2015	Anxiety	14+
Newbery, Linda	The Key to Flambards	2018	Mental illness/suicide	11+
Nielsen, Susin	Optimists Die First	2017	Anxiety/grief	12+
Niven, Jennifer	All the Bright Places	2015	Bipolar disorder/suicide	14+
Niven, Jennifer	Holding up the Universe	2016	Eating disorder	14+
O'Neill, Louise	Asking for It	2015	Sexual assault/rape culture/social media (15+)	15+
Oseman, Alice	Solitaire	2014	Bullying	14+
Owen, David	Panther	2015	Depression/suicide/self- harm	14+
Pan X.R., Emily	The Astonishing Colour of After	2018	Suicide	13+
Patterson, James	Homeroom Diaries	2014	Bullying	13+
Peet, Mal	The Family Tree	2018	Depression	14+

<b>Author</b>	<b>Title</b>	<b>Publication</b>	<b>Topic</b>	<b>Suitability</b>
Pitcher, Annabel	My Sister Lives on the Mantelpiece	2011	Grief	12+
Pitcher, Annabel	Silence is Goldfish	2015	Mutism/identity	13+
Pitcher, Annabel	The Last Days of Archie Maxwell	2017	Depression/suicide	14+
Rai, Bali	Stay a Little Longer	2018	Grief/LGBT	12+
Revell, Mike	Stonebird	2015	Bullying	9+
Rowell, Rainbow	Eleanor & Park	2013	Bullying/abuse	14+
Rowell, Rainbow	Fangirl	2014	Anxiety/family dynamics	14+
Scelsa, Kate	Fans of the Impossible Life	2015	Depression/LGBT/foster care	15+
Scott, Ceylan	On a Scale of One to Ten	2018	Self-harm/suicide	14+
Silvera, Adam	History is All You Left Me	2017	Grief/LGBT/obsessive compulsive disorder	14+
Silvera, Adam	More Happy Than Not	2018	Grief/LGBT/suicide	14+
Slater, Kim	A Seven Letter Word	2016	Bullying/stuttering	11+
Stevens, Laura	The Exact Opposite of Okay	2018	Social media/sexuality/gender	15+
Thompson, Lisa	The Goldfish Boy	2017	Obsessive compulsive disorder	9+
Thompson, Lisa	The Light Jar	2018	Loneliness	9+

<b>Author</b>	<b>Title</b>	<b>Publication</b>	<b>Topic</b>	<b>Suitability</b>
Toten, Teresa	The Unlikely Hero of Room 13B	2015	Obsessive compulsive disorder	12+
Ure, Jean	Lemonade Sky	2012	Bipolar disorder	9+
Vallance, Jess	You Only Live Once	2018	Anxiety	11+
Westcott, Rebecca	Violet Ink	2014	Pregnancy/family dynamics	11+
Whaley, John Corey	Highly Illogical Behaviour	2016	Agoraphobia	13+
Williamson, Lisa	Paper Avalanche	2018	Hoarding	12+
Wilson, Jacqueline	The Illustrated Mum	1999	Bipolar disorder	10+
Winter, Tamsin	Being Miss Nobody	2017	Bullying/selective mutism	10+
Zentner, Jeff	Goodbye Days	2017	Grief/guilt	13+
Zentner, Jeff	The Serpent King	2016	Identity/family dynamics/mental illness	13+