

## **Books**

We have completed a list of books that we recommend to young people and/or their families.

### **Anxiety/worry**

- What to do when you worry too much: A kid's guide to overcoming anxiety

Author: Dawn Huebner

- Helping your anxious child: A step by step guide for parents

Author: Rapee et al

- The huge bag of worries - for parents to read with younger children

Author: Virginia Ironside

### **Low mood**

- Mind Over Mood: Change the way you feel by changing the way you think.

Author: D Greenberger and C Padesky

- What to do when you're sad & lonely: a guide for kids

Author: James J Crist.

- Overcoming Teenage Low Mood and Depression: A five areas approach

Author: Nicky Dummet and Chris Williams.

- Getting through depression with CBT – A Young Person's Guide

Author: Louise Dalton and Alice Farrington.

- Am I Depressed and What Can I Do About It?

Author: Shirley Reynolds and Monika Parkinson

- Can I Tell You About Depression?

Author: Christopher Dorrick and Susan Martin

### **Anger**

- A volcano in my tummy: Helping children to handle anger: A resource book for parents, caregivers and teachers.

Author: Elaine Whitehouse and Warwick Pudney

### **Sleep**

•What to do when you dread your bed: A kid's guide to overcoming problems with sleep

Author: Dawn Huebner

### **Chronic fatigue**

•Self help for chronic fatigue syndrome: A guide for young people

Author: Trudie Chalder and Kaneez Hussain

### **Mindfulness for children**

Sitting still like a frog – mindfulness exercises for kids and their parents.

Author: Eline Snel.

<https://reading-well.org.uk/books/books-on-prescription/young-people-s-mental-health/general>