

Bibliotherapy / Mental Health Awareness: Fiction Titles

Please note that most of these titles are 'young adult' & some may be best suited to readers aged 15+ . If unsure of suitability, contact Ms Nealon.

Anxiety *Am I Normal Yet?* by Holly Bourne

Anxiety *.Are We All Lemmings and Snowflakes?* by Holly Bourne

Anxiety *The Manifesto of How Not to be Boring* by Holly Bourne

Anxiety *Zelah Green* by Vanessa Curtis

Anxiety *Under Rose Tinted Skies* by Louise Gornall

Anxiety *Finding Audrey* by Sophie Kinsella

Anxiety *All About Mia* by Lisa Williamson

Autism/Asperger's/ADHD *The London Eye Mystery* - Siobahn Dowd

Autism/Asperger's/ADHD *Mockingbird* by Katherine Erskine

Autism/Asperger's/ADHD *The Curious Incident of the Dog in the Night-time* by Mark Haddon

Autism/Asperger's/ADHD *Word Nerd* by Susin Nielsen

Autism/Asperger's/ADHD *Smart* by Kim Slater

Autism/Asperger's/ADHD *Concentr8* by William Sutcliffe

Bereavement/Grief /Loneliness, Loss *The House with Chicken Legs* by Sophie Anderson

Bereavement/Grief /Loneliness, Loss *Millions* by Frank Cottrell Boyce

Bereavement/Grief /Loneliness, Loss *Artichoke Hearts* by Sita Brahmachari

Bereavement/Grief /Loneliness, Loss *Out of the Blue* by Sophie Cameron

Bereavement/Grief /Loneliness, Loss *Moonrise* by Sarah Crossan

Bereavement/Grief /Loneliness, Loss *One* by Sarah Crossan

Bereavement/Grief /Loneliness, Loss *The Weight of Water* by Sarah Crossan

Bereavement/Grief /Loneliness, Loss *Grave Matters* by Juno Dawson

Bereavement/Grief /Loneliness, Loss *Margot and Me* by Juno Dawson

Bereavement/Grief /Loneliness, Loss *Dead Fathers Club* by Matt Haig

Bereavement/Grief /Loneliness, Loss *The Afterwards* by A.F. Harrold

Bereavement/Grief /Loneliness, Loss *Life on the Refrigerator Door* by Alice Kuipers

Bereavement/Grief /Loneliness, Loss *Second Chance Summer* by Morgan Matson

Bereavement/Grief /Loneliness, Loss *Damage* by Patrick Ness
Bereavement/Grief /Loneliness, Loss *A Monster Calls* by Patrick Ness
Bereavement/Grief /Loneliness, Loss *We Are All Made of Molecules* by Susin Nielsen
Bereavement/Grief /Loneliness, Loss *My Sister Lives on the Mantelpiece* by Anabelle Pitcher
Bereavement/Grief /Loneliness, Loss *Second Best Friend* by Non Pratt
Bereavement/Grief /Loneliness, Loss *Sad Book* by Rainbow Rowell
Bereavement/Grief /Loneliness, Loss *Fangirl* by Rainbow Rowell
Bereavement/Grief /Loneliness, Loss *Rooftoppers* by Katherine Rundell
Bereavement/Grief /Loneliness, Loss *Rules of Summer* by Shaun Tan
Bereavement/Grief /Loneliness, Loss *Dandelion Clocks* by Rebecca Westcott
Bereavement/Grief /Loneliness, Loss *The Boy Who Sailed the Ocean in an Armchair* by Lara Williamson

Bullying *7 Days* by Eve Ainsworth
Bullying *Piglettes* by Clementine Beauvais
Bullying *Looking Glass Girl* by Cathy Cassidy
Bullying *Drowning Pond* by Cathy Cassidy
Bullying *Malarky* by Keith Gray
Bullying *Ran, Zan, Run* by Catherine MacPhail
Bullying *A Monster Calls* by Patrick Ness
Bullying *Sisterland* by Linda Newberry
Bullying *Wonder* by R.j. Palaccio
Bullying *Silence is Goldfish* by Annabelle Pitcher
Bullying *Eleanor & Park* by Rainbow Rowell
Bullying *Zom-B* by Darren Shan
Bullying *Thornhill* by Pam Smy
Bullying *Stargirl* by Jerry Spinelli

Cyber-bullying *You Don't Know Me* by Sophia Bennett
Cyber-bullying *Between the Lies* by Cathy MacPhail
Cyber-bullying *Girl Online* by Zoe Sugg

Dementia *Sputnik's Guide to Life on Earth* by Frank Cottrell Boyce
Dementia *Dementia Unbecoming* by Jenny Downing
Dementia *Dementia How Not to Disappear* by Clare Furniss

Dementia *Dementia Elizabeth is Missing* by Emma Healey
Depression *Soulmates* by Holly Bourne
Depression *Undone* by Cat Clarke
Depression *Playlist for the Dead* by Michelle Falkoff
Depression *Night Shift* by Debi Gliori
Depression *Rook* by Anthony McGowan
Depression *All the Bright Places* by Jennifer Niven
Depression *Panther* by David Owen
Depression *Black Dog* by Levi Pinfold
Depression *My Heart and Other Black Holes* by Jasmine Warga

Eating Disorders/Body Image *Wintergirls* by Laurie Halse Anderson
Eating Disorders/Body Image *Piglettes* by Clementine Beauvais
Eating Disorders/Body Image *Big Bones* by Laura Dockrill
Eating Disorders/Body Image *Tyranny* by Lesley Fairfield
Eating Disorders/Body Image *Fat Boy Swim* by Cathy Forde
Eating Disorders/Body Image *Nothing* by Robin Friedman
Eating Disorders/Body Image *Nothing Tastes As Good* by Claire Hennessy
Eating Disorders/Body Image *Butter* by Erin Lange
Eating Disorders/Body Image *Best Little Girl in the World* by Steven Levenkron
Eating Disorders/Body Image *A Piece of Cake* by Jill Murphy

Family break-up *Sputnik's Guide to Life on Earth* Frank Cottrell Boyce
Family break-up *Walls* by Emma Fischel
Family break-up *Behind Closed Doors* by Miriam Halahmy
Family break-up *The Smell of Other People's Houses* by Bonnie-Sue Hitchcock
Family break-up *Sophie Someone* by Hayley Long
Family break-up *We Are All Made of Molecules* by Susin Nielsen
Family break-up *Missing Arabella* by Kathryn Siebel
Family break-up *Fire Colour One* by Jenny Valentine

FGM *What Was Never Said* by Emma Craigie
FGM *Desert Flower* by Waris Dirie

LGBT+ *Simon and the Homo Sapiens Agenda* by Becky Albertalli
LGBT+ *Alex As Well* by Alyssa Brugman
LGBT+ *George Alex* by Gino

LGBT+ *Beyond Magenta* by Susan Kuklin
LGBT+ *Carry On* by Rainbow Rowell
LGBT+ *The Boy in a Dress* by David Walliams
LGBT+ *The Art of Being Normal* by Lisa Williamson

Mutism *All the Truth that's in Me* by Julie Berry
Mutism *What I Couldn't Tell You* by Faye Bird
Mutism *You Were Here* by Cori McCarthy
Mutism *Silence is Goldfish* by Annabel Pitcher
Mutism *A Seven Letter Word* by Kim Slater

Racism *Knots and Crosses* by Malorie Blackman
Racism *The Fandom* by Anna Day
Racism *The White Family* by Maggie Gee
Racism *(Un)arranged Marriage* by Bali Rai
Racism *Lies We Tell Ourselves* by Robin Talley
Racism *Let the Circle be Unbroken* by Mildred D. Taylor
Racism *The Hate U Give* by Angie Thomas
Racism *Underground Railroad* by Colson Whitehead
Racism *Face* by Benjamin Zephaniah
Racism *Gangsta Rap* by Benjamin Zephaniah

Rape Culture *Mine* by Jessica Kendrick
Rape Culture *Tradition* by Brendan Kiely
Rape Culture *Asking For It* by Louise O'Neill
Rape Culture *The Nowhere Girls* by Amy Reed

Refugee Crisis *Welcome* by Barroux
Refugee Crisis *Alpha* by Barroux/ Bessora
Refugee Crisis *Refuge* by Anne Booth
Refugee Crisis *The Unforgotten Coat* by Frank Cottrell Boyce
Refugee Crisis *The Day War Came* by Rebecca Cobb
Refugee Crisis *Illegal* by Eoin Colfer
Refugee Crisis *Wall Tom* by Clohosi Cole
Refugee Crisis *The Breadwinner Trilogy* by Deborah Ellis
Refugee Crisis *The Good Braider* by Terry Farish
Refugee Crisis *The Bone Sparrow* by Zara Fraillon

Refugee Crisis *Boy Overboard* by Morris Gleitzman
Refugee Crisis *My Name is Not Refugee* by Kate Milner
Refugee Crisis *The Journey* by Francesca Sanna
Refugee Crisis *The Arrival* by Shaun Tan
Refugee Crisis *Teacup* by Rebecca Young
Refugee Crisis *Refugee Boy* by Benjamin Zephaniah

Suicide/Assisted suicide *Twisted* by Laurie Halse Anderson
Suicide/Assisted suicide *Undone* by Cat Clarke
Suicide/Assisted suicide *We Are Young* by Cat Clarke
Suicide/Assisted suicide *The Weight of a Thousand Feathers* by Brian Conaghan
Suicide/Assisted suicide *Follow Me* by Victoria Gemmell
Suicide/Assisted suicide *Butter* by Erin Lange
Suicide/Assisted suicide *Blue* by Sue Mayfield
Suicide/Assisted suicide *Jessica's Ghost* by Andrew Norirs

Young carers *The Weight of a Thousand Feathers* by Brian Conaghan
Young carers *Who Let the Gods Out?* by Maz Evans
Young carers *The Boy in the Tower* by Polly Ho-Yen
Young carers *Broken Soup* by Jenny Valentine

Tourette's *When Mr Dog Bites* by Brian Conaghan