

## Books On Prescription for Young People

Oxfordshire Libraries is pleased to recommend the following books for young people and their mental health, as part of the Reading Well: Books on Prescription scheme. Titles marked with a red asterix are the official recommended titles. Oxfordshire Libraries staff also recommend the other titles on this list.

### Subject Title

#### General

***Stuff that Sucks: Accepting what you can't change and committing to what you can*** \*

By Ben Sedley

***Mind Your Head*** \*

By James Dawson (aka Jo Dawson)

***The Self-esteem Team's Guide to Sex, Drugs and WTFs?!!*** \*

By Natasha Devon et al

[Also in eBook](#)

***Blame My Brain: The amazing teenage brain revealed*** \*

By Nicola Morgan

[Also in eBook](#)

***Quiet the Mind*** \*

By Matthew Johnstone

#### ADHD

***Putting on the Brakes: Understanding and taking control of your ADD or ADHD*** \*

By Patricia Quinn et al

#### Anxiety

***My Anxious Mind: A teen's guide to managing anxiety and panic*** \*

By Michael Tomkins et al

[Also in eBook](#)

***The Anxiety Survival Guide for Teens: CBT skills to overcome fear, worry and panic*** \*

By Jennifer Shannon

- Anxiety**      ***The Shyness and Social Anxiety Workbook for Teens \****  
By Jennifer Shannon  
[Also in eBook](#)
- The Perks of Being a Wallflower \****  
By Stephen Chbosky  
[Also in eBook](#)
- Autism Spectrum Disorder**      ***The Reason I Jump: One boy's voice from the silence of autism \****  
By Naoki Higashida
- Freaks, Geeks and Asperger Syndrome: A user's guide to adolescence \****  
By Luke Johnson  
[Also in eBook](#)
- Bullying**      ***Teen Life Confidential: Bullies, cyberbullies and frenemies \****  
By Michele Elliott
- Vicious: True stories by teens about bullying \****  
By Hope Vanderberg  
[Also in eBook](#)
- Confidence & Self Esteem**      ***Banish Your Self Esteem Thief: A cognitive behavioural therapy workbook on building positive self esteem for young people \****  
By Kate Collins-Donnelly  
[Also in eBook](#)
- Teen Life Confidential: Self esteem and being you \****  
By Anita Naik
- Depression**      ***Am I Depressed and What Can I Do About It? \****  
By Shirley Reynolds
- I Had a Black Dog \****  
By Matthew Johnstone
- Can I Tell You About Depression? \****  
By Christopher Dowrick  
[Also in eBook](#)
- Body Image**      ***Banish Your Body Image Thief: A cognitive behavioural therapy workbook on building positive body image for young people \****  
By Kate Collins-Donnelly  
[Also in eBook](#)
- Can I Tell You About Eating Disorders? \****  
By Lucy Watson  
[Also in eBook](#)

## Mood Swings

***Don't Let Your Emotions Run Your Life for Teens \****

By Sheri van Dijk

[Also in eBook](#)

## OCD

***Touch and Go Joe: An adolescent's experience of OCD \****

By Joe Wells

[Also in eBook](#)

***Breaking Free from OCD: A CBT guide for young people and their families \****

By Jo Derisley et al

[Also in eBook](#)

## Self Harm

***The Truth About Self Harm \****

By Celia Richardson

## Stress

***Fighting Invisible Tigers: A stress management guide for teens \****

By Earl Hipp

[Also in eBook](#)

***The Teenage Guide to Stress \****

By Nicola Morgan

[Also in eBook](#)

## FICTION ideas to help

## General

## Mental Health

***Every Day \****

David Levithan

***House of Windows \****

Alexia Casale

[Also in eBook](#)

***Kite Spirit \****

By Sita Brahmachari

***I'll Give You the Sun \****

By Jandy Nelson

[Also in eBook](#)

## Anxiety

***The Perks of Being a Wallflower \****

By Stephen Chbosky

**Autism Spectrum Disorder**      ***The Curious Incident of the Dog in the Nighttime* \***  
By Mark Haddon  
**Also in eBook**

**Confidence & Self Esteem**      ***Face* \***  
By Benjamin Zephaniah  
**Also in eBook**

**Body Image**      ***Tyranny: I keep you thin* \***  
By Lesley Fairfield

**OCD**      ***The Unlikely Hero of Room 13B* \***  
By Teresa Toten  
**Also in eBook**

Available on the online library catalogue [www.libcat.oxfordshire.gov.uk](http://www.libcat.oxfordshire.gov.uk)  
and in libraries:

**Abingdon, Banbury, Bicester, Cowley, Didcot, Littlemore, Sonning Common,  
Summertown, Thame, Wantage, Witney and Woodcote**

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[www.oxfordshire.gov.uk/libraries](http://www.oxfordshire.gov.uk/libraries)

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