

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
and in libraries:

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

eBooks can be found on the OverDrive platform via the eBook Page at
www.oxfordshire.gov.uk/libraries

Updated June 2016