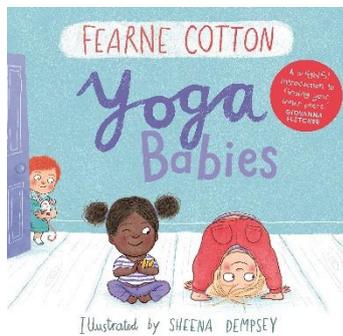


Mental health and wellbeing can be a challenging topic to broach with your child.

Take a look at our book list, full of titles for children and young adults dealing with issues such as friendships, family stress, happiness, grief, anxiety and mindfulness.

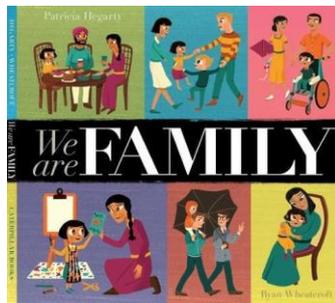
Baby to 3



Yoga Babies

By Fearne Cotton

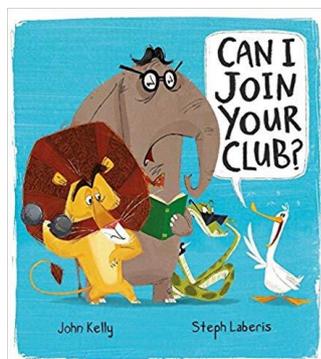
The Yoga Babies love to have fun trying new poses. Sometimes life is busy and tricky, but not to worry - yoga can help everyone chill out. Follow these babies, big and small, as they practise yoga at home, in the garden and before bedtime. Then you and your child can have a go at home, too!



We Are Family

By Patricia Hegarty and Ryan Wheatcroft

All families are different - and yet in many ways the same! This book celebrates the everyday differences of families as well as the similarities they all share.



Can I Join Your Club?

By John Kelly and Steph Laberis

A heart-warming story which celebrates the importance of diversity and friendship. Perfect for little ones who are learning to make friends at a new school or nursery.

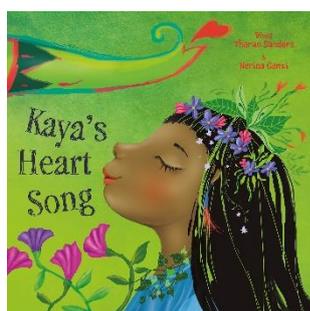
Age 3-5



[The Huge Bag of Worries](#)

By Virginia Ironside

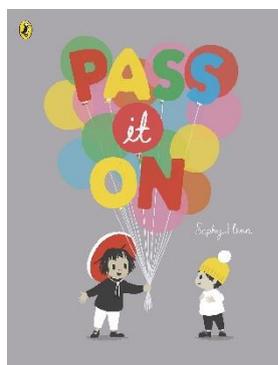
Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is on the loo! Jenny decides they will have to go. But who can help her?



[Kaya's Heart Song](#)

By Diwa Tharan Sanders and illustrated by Nerina Canzi

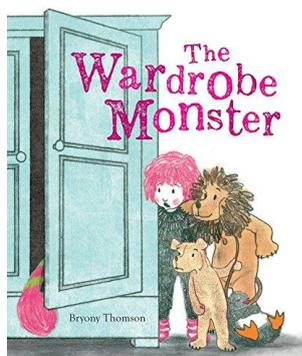
Kaya is looking for her heart song – the song that happy hearts sing. Her search takes her on a journey deep into the jungle where a broken down carousel waits for a very special song to make it turn again. This joyful story set in the vibrant jungles of Malaysia is grounded in the principles of mindfulness, with a helpful information section at the back of the book.



[Pass It On](#)

By Sophy Henn

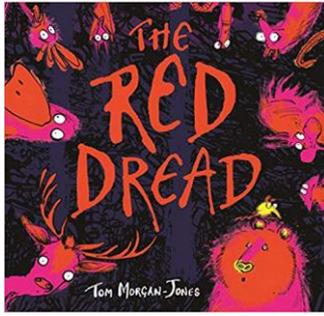
A joyful and uplifting picture book about finding happiness in the smallest of things. Here's a fun idea: when you laugh or smile—pass it on!



[The Wardrobe Monster](#)

By Bryony Thomson

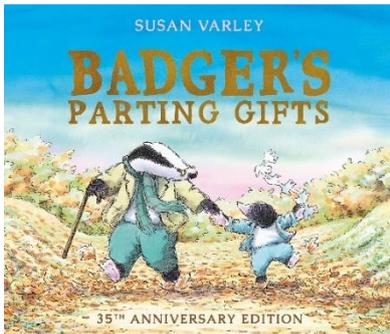
A wonderful reassuring story for children who might imagine monsters in their bedroom at night time. What's that knocking sound coming from the wardrobe? Every night, it makes Dora and her toy friends afraid to go to bed and every morning they are grumpy through lack of sleep. Eventually, they summon up the courage to face their fear together and open the wardrobe door to find it's not as bad as they thought.



The Red Dread

By Tom Morgan-Jones

A picture book about worries and fears told through woodland creatures. The Red Dread is on the loose and Shrew and the other animals are afraid. From stolen nuts to missing rabbits, they whisper of the terrible actions of the Red Dread. As panic increases, logic and team spirit evaporate and soon it's every creature for itself.

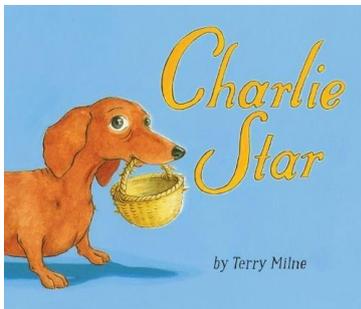


Badger's Parting Gift

By Susan Varley

Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends. This title is endorsed by Child Bereavement UK.

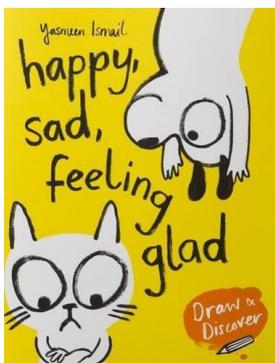
Age 5-7



Charlie Star

By Terry Milne

This book addresses the issue of anxiety in a light-hearted and reassuring way. Charlie is an anxious dachshund who worries that something terrible might happen if he doesn't keep to his daily rituals. After he is called upon to help rescue a friend and in the rush forgets his rituals, Charlie discovers that he doesn't have to be ruled by them and that change can have really positive outcomes.



Happy, Sad, Feeling Glad

By Yasmin Ismail

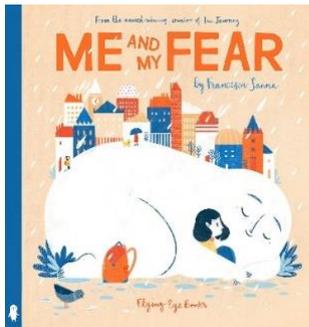
An endearing and engaging look at emotions and how different situations cause different feelings. What has made Dog happy? Do you know what Cat is scared of? And why is Donkey so excited? A range of fun art activities encourages young readers to explore their feelings and express themselves with drawings, doodles and decorations.



[Mariella Queen of the Skies](#)

By Eoin Colfer and Katy Halford

Mariella loves nothing more than inventing, but bedtime keeps getting in the way of all her brilliant ideas! But everyone needs sleep, and without it all of Mariella's brilliant ideas might just disappear...

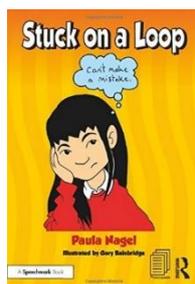
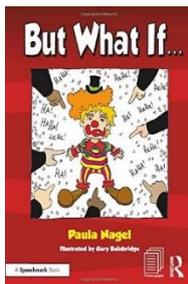


[Me and My Fear](#)

By Francesca Sanna

A beautifully illustrated book about new beginnings and the anxieties that come along with them. When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand their language?

Age 7-11

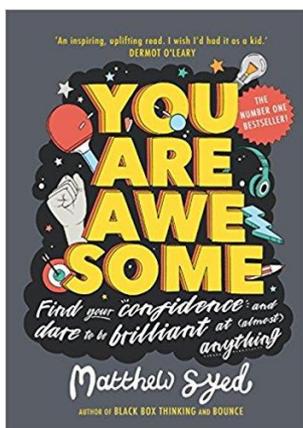


[Rollercoaster series: But What If, Mindreading, Stuck on a loop](#)

By Paula Negal

These are therapeutic stories focusing on exam anxiety, worrying about transitioning to secondary school and social isolation.

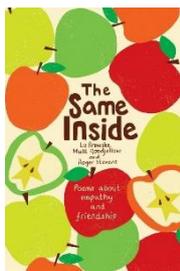
Paula Negal has worked as an education psychologist for 17 years and is currently Principal Educational Psychologist (North) for the national children's mental health charity, Place2Be.



[You Are Awesome: Find Your Confidence and Dare to be Brilliant at \(Almost\) Anything](#)

By Matthew Syed

An inspiring book with lots of motivating messages! If you believe you can't do something, the chances are you won't try. But what if you really could get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to? You Are Awesome can help young readers do just that, inspiring and empowering them to find the confidence to realise their potential.



[The Same Inside: Poems about Empathy and Friendship](#)

By Liz Brownlee, Roger Stevens and Matt Goodfellow

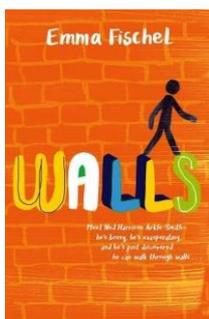
These fifty poems deal sensitively with feelings, empathy, respect, courtesy, bullying, disability and responsibility. They are the perfect springboard to start conversations about these topics.



[The Land of Neverendings](#)

By Kate Saunders

Moving, raw and funny in all the right ways, *The Land of Neverendings* is a rip-roaring adventure, but it also gives an honest portrayal of grief for young readers. The book shows that whilst sadness does exist in the world, it doesn't have to cancel out happiness, or silliness, even when you lose someone you love.



[Walls](#)

By Emma Fischel

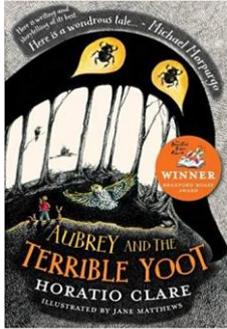
A moving, funny and heart-warming tale featuring Ned Harrison Arkle-Smith – whose world is falling apart - even discovering he can walk through walls isn't helping. Original and quirky, this story will help children understand the impact of family difficulties and how we all can choose how we behave, even in the most difficult and unusual of circumstances.



[The Goldfish Boy](#)

By Lisa Thompson

A life-affirming story about a boy suffering from OCD, exploring friendship, loneliness and how to find hope even when it seems impossible.

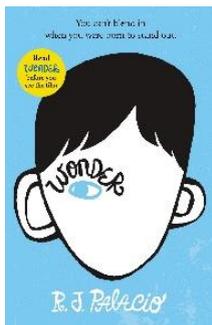


[Aubrey and the Terrible Yoot](#)

By Horatio Clare

A brilliant, imaginative tale about Aubrey, whose father is suffering from depression and how he is determined to help make his dad better. Everyone says his task is impossible, but Aubrey will never give up and never surrender. With the help of some wonderful animal friends, Aubrey sets out on a spell-binding adventure to fight the Terrible Yoot!

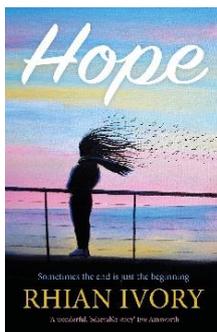
Young adult



[Wonder](#)

By R J Palacio

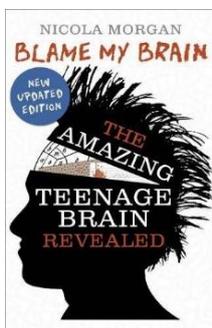
Born with a terrible facial abnormality, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?



[Hope](#)

By Rhian Ivory

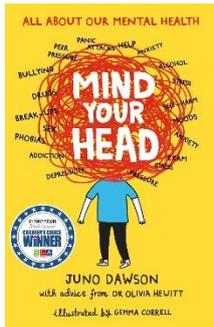
When Hope doesn't get into drama college, and her friends do, all her plans fall apart. She's struggling with anger, grief for her father and a sense that her own body is against her. This is a story about trying new things, having the courage to ask for help and that when things seem to be all over, that might be just the beginning.



[Blame My Brain](#)

By Nicola Morgan

When you're a teenager your brain undergoes its most radical and fundamental change since the age of two. This accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders and the reasons behind addiction or depression.



Mind Your Head

By Juno Dawson

We all need to take care of our mental health as much as we need to take care of our physical health, and the first step is being able to talk about it. This frank, factual and funny book covers topics from anxiety and depression to addiction, self-harm and personality disorders.



Are We All Lemmings & Snowflakes?

By Holly Bourne

Camp Reset is a place offering a shot at “normality” for Olive, a girl on the edge, and her new friends who each have their own reasons for being there. Luckily, Olive has a plan to solve all of their problems. But how do you fix the world when you can’t fix yourself?