

Reading Well for Young People

Take care of your mental health with our great YA titles on at North Tyneside libraries

THE
READING
AGENCY

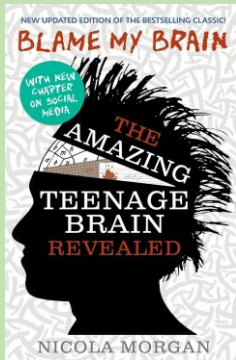
READING
WELL

You can also request books via our Online Library Catalogue:

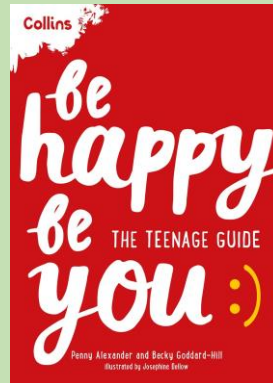
<https://prism.librarymanagementcloud.co.uk/northtyneside/>

You will need your library membership card and PIN. Not a library member? Join online at:

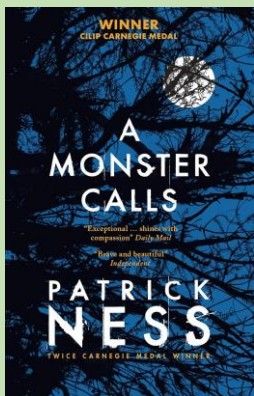
<https://prism.librarymanagementcloud.co.uk/northtyneside/join> and get immediate access to use our eBook or eAudiobook service through the Borrowbox App.



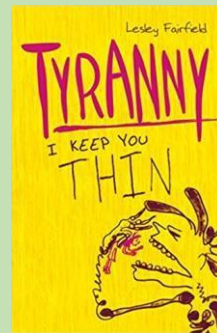
A humorous examination of the ups and downs of the teenage brain as it undergoes its most radical change since the age of two!



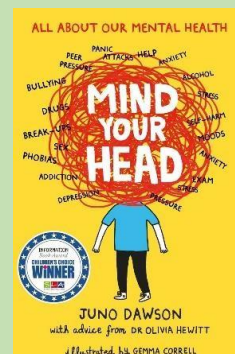
This positive and insightful guide gives you the tools to build your confidence, eliminate negative feelings and boost happiness in all areas of your life.



Patrick Ness takes the final idea of the late, award-winning writer Siobhan Dowd and weaves an extraordinary and heartbreaking tale of mischief, healing and above all, the courage it takes to survive.



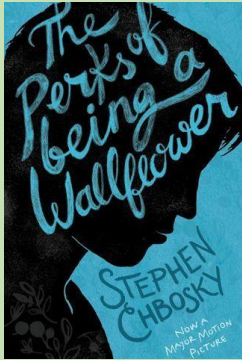
In this stark portrayal of a young woman's struggle with anorexia, Lesley Fairfield draws on her own experiences of an eating disorder to give a powerful and candid story of hope and survival.



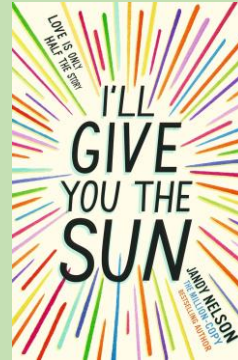
We all have a mind, so we all need to take care of our mental health . . . and the first step is being able to talk about it. A frank, factual and funny book.

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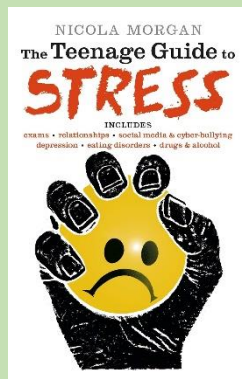
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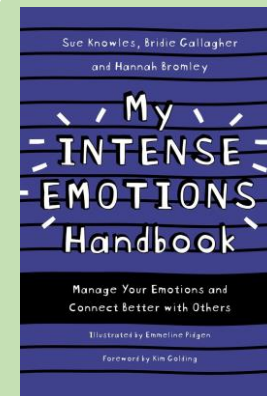
A heartbreaking, hysterical and honest coming-of-age story as Charlie navigates the wild and poignant roller-coaster days to adulthood.



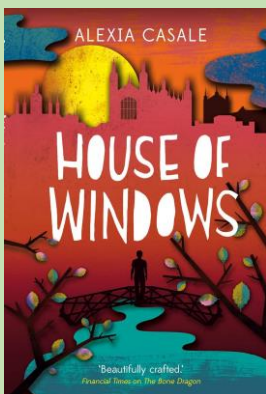
Jude and her twin Noah were incredibly close – until a tragedy drove them apart, and now they are barely speaking.



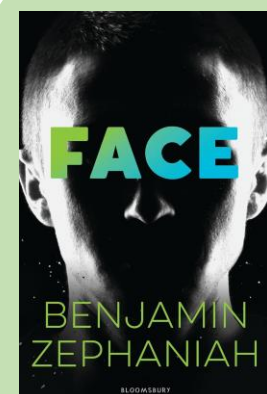
Learn how to deal with symptoms of stress and discover healthy ways of looking after body and mind.



This is a guide to the emotional and interpersonal issues you may encounter as a young adult, packed with advice and real-life stories of hope and resilience from people in similar situations.



The people we love the most can be the most difficult people to love.



When Martin's life changes after a joy-riding accident he finds the true meaning of strength, courage, discrimination and friendship.



From building a support network to building optimism, find positive, practical advice for preparing for, coping with and bouncing back from the toughest of times.

