

Promoting Good Mental Health Through Reading

Studies show that one in eight children and young people have a diagnosable mental health problem, but there is evidence that building strong mental health early in life can help children grow their self-esteem, form healthy relationships and engage positively with their education.

At Heath's, we believe that having appropriate books in school is essential to increasing awareness and providing support for mental health issues. Informative non-fiction is key for children, staff and parents to educate themselves in a safe, easily accessible manner whilst having fiction with realistic depictions of mental illness de-stigmatises the issues, promotes empathy and opens up conversations.

Here are a few books you should definitely consider having in your school.

Picture Books

Title	Author	Format	Key Themes	Age Range	Price	Qty
All The Ways to Be Smart	Davina Bell	HB	Self-Esteem	KS1	£11.99	
Augustus and His Smile	Catherine Rayner	PB	Happiness	KS1	£6.99	
Black Dog	Levi Pinfold	PB	Fears & Worries	KS1	£6.99	
Everyone	Christopher Silas Neal	PB	Feelings	KS1	£6.99	
Hey Warrior	Karen Young	PB	Anxiety	KS1	£7.99	
Mind Hug: The First Story	Emily Arber	PB	Mindfulness	KS1	£9.99	
My Many Coloured Days	Dr Seuss	PB	Feelings	KS1	£7.99	
Ruby's Worry	Tom Percival	PB	Fears & Worries	KS1	£6.99	
The Princess and The Fog	Lloyd Jones	HB	Depression	KS1	£10.99	
Your Mind Is Like the Sky	Bronwen Ballard	HB	Mindfulness	KS1/KS2	£11.99	

Chapter Books

Title	Author	Format	Key Themes	Age Range	Price	Qty
All The Bright Places	Jennifer Niven	PB	Bipolar Disorder/Suicide	KS4	£7.99	
All the Things that Could Go Wrong	Stuart Foster	PB	OCD	KS2	£6.99	
Am I Normal Yet?	Holly Bourne	PB	OCD	KS4	£7.99	
Being Miss Nobody	Tamsin Winter	PB	Selective Mutism	KS3	£6.99	
Big Bones	Laura Dockrill	PB	Body Image Issues	KS3	£6.99	
Brilliant	Roddy Doyle	PB	Depression	KS2	£6.99	
Challenger Deep	Neal Shusterman	PB	Schizophrenia	KS3	£7.99	
Charlie Changes into a Chicken	Sam Copeland	PB	Anxiety/ Worries	KS2	£6.99	
Damage	Eve Ainsworth	PB	Self-Harm	KS4	£7.99	
Earth to Daniel	Gwyneth Rees	PB	Manic Episodes	KS2	£6.99	
Highly Illogical Behaviour	John Corey Whaley	PB	Agoraphobia	KS3	£7.99	
Jessica's Ghost	Andrew Norriss	PB	Suicide	KS2/3	£7.99	
Kite Spirit	Sita Bramachari	PB	Suicide	KS3	£6.99	
Liar & Spy	Rebecca Stead	PB	Agoraphobia	KS2	£7.99	
Potter's Boy	Tony Mitton	PB	Mindfulness	KS3	£7.99	
The Perks of Being a Wallflower	Stephen Chbosky	PB	Trauma	KS4	£7.99	
The Unlikely Hero of Room 13B	Teresa Toten	PB	OCD	KS3	£6.99	
Wintergirls	Laurie Halse Anderson	PB	Eating Disorders	KS3	£7.99	

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Non Fiction					
Title	Author	Format	Age Range	Price	Qty
Healthy Minds: Freddie the Fox Feels Frightened *	John Wood	HB	Early Years	£12.99	
Healthy Minds: Sydney and the Sloth *	Holly Duhig	HB	KS1	£12.99	
Breathe Like a Bear	Kira Willey	PB	KS1/2	£11.99	
My Mixed Emotions	Elinor Greenwood	HB	KS1/2	£12.99	
All Dogs Have ADHD *	Kathy Hoopmann	HB	KS1+	£9.99	
50 Ways to Feel Happy	Vanessa King	PB	KS2	£9.99	
My Life, Your Life: Overcoming Fear of Failure *	Honor Head	HB	KS2	£12.99	
Can I Tell You About Eating Disorders? *	Bryan Lask	PB	KS2+	£8.99	
Healthy Minds: A Book About OCD *	Holly Duhig	HB	KS2+	£12.99	
Looking After Your Mental Health	Alice James	PB	KS2+	£6.99	
The Confidence Code for Girls	Katty Kay	HB	KS2+	£10.99	
You Are Awesome	Matthew Syed	PB	KS2+	£9.99	
Healthy for Life: Self-Esteem and Mental Health	Anna Claybourne	PB	KS3	£8.99	
Anxiety is Really Strange	Steve Haines	HB	KS3+	£12.99	
Childhood Fears and Anxieties: Anxiety and Fear in Daily Life *	H.W.Poole	HB	KS3+	£12.99	
It's All In Your Head	Rae Earl	PB	KS3+	£9.99	
Mentall Illnesses And Disorders: Schizophrenia *	H.W.Poole	HB	KS3+	£9.99	
Mind Your Head	Juno Dawson	PB	KS3+	£7.99	
Open: A Toolkit For How Magic and Messed Up Life Can Be	Gemma Cairney	HB	KS3+	£12.99	
Positively Teenage	Nicola Morgan	PB	KS3+	£7.99	
The Essential Guide to Bipolar Disorder *	Robert Duffy	PB	KS3+	£9.99	
The Teenage Guide to Stress *	Nicola Morgan	PB	KS3+	£7.99	
Live Well and Stress Free: A Practical Guide to Well-Being *	Patricia Furness-Smith	PB	KS4+	£7.99	
Reasons To Stay Alive	Matt Haig	PB	KS4+	£7.99	
Stand Tall Little Girl	Hope Virgo	PB	KS4+	£11.99	
Teacher Resources					
Title	Author	Format	Age Range	Price	Qty
100 Ideas for Primary Teachers: Mindfulness in the Classroom	Tammie Prince	PB	Primary	£14.99	
Jumpstart! Wellbeing	Steve Bowkett	PB	Primary	£16.99	
You're A Star: A Child's Guide to Self Esteem	Poppy O'Neill	PB	KS2	£10.99	
Teen Mental Health in an Online World	Victoria Betton	PB	Secondary	£16.99	
Positive Mental Health: A Whole School Approach *	Jonathan Glazzard	PB	All	£15.99	

- Part of a series

To place an order please phone, email or visit our website as detailed below.
Generous discounts will be applied to your order.

Name: _____

School Name & Address: _____

Email: _____

Order Reference: _____

Any Servicing Required: _____