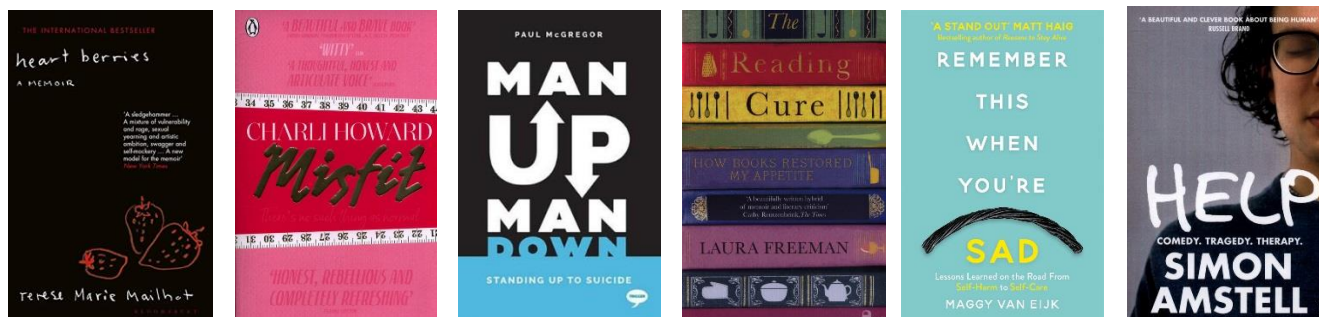


True stories, fiction and children's books about mental health and wellbeing available from Inspire Libraries



True Stories

Terese Marie Mailhot – Heart berries

A powerful, poetic memoir of a woman's coming of age on an Indian Reservation in the Pacific Northwest. Having survived a profoundly dysfunctional upbringing only to find herself hospitalised and facing a dual diagnosis of post-traumatic stress disorder and bipolar II disorder, Terese Marie Mailhot is given a notebook and begins to write her way out of trauma.

Charli Howard - Misfit

As a teenager, Charli Howard felt like the only one who struggled with anxiety and self-esteem issues. So she tried to embrace standing out: by becoming a model. Believing it would make her happy and envied, she set out single-mindedly to make it - and she achieved her dream. But the reality wasn't quite as glamorous as she'd hoped.

Paul McGregor – Man up, man down: standing up to suicide

When Paul McGregor's dad tried to take his own life, it changed Paul's worldview forever. In order to distract himself from his grief, Paul began to overwork himself and chase 'success'. He found himself in a dark place, suffering from depression and fearing that he'd follow in his dad's footsteps. How could he, as a man, show his vulnerability?

Laura Freeman – The reading cure: how books restored my appetite

At the age of 14, Laura Freeman was diagnosed with anorexia. But even when recovery seemed impossible, the one appetite she never lost was her love of reading. Slowly, book by book, Laura re-discovered how to enjoy food - and life - through literature.

Maggy Van Eijk – Remember this when you're sad

At 27, Maggy had the worst mental experience of her life so far. She ended a 3-year relationship, drank too much, went to A&E over 12 times, saw three therapists, went to two burns units for self-harm and was sent to a mental health crisis team in an ambulance - it was quite the year.

Simon Amstell – Help

'It's scary telling the truth in a book. In stand up you can say anything as long as it's funny, but in a book you can say anything'. Simon Amstell's deeply personal comedy has been described as 'part Samuel Beckett, part self-help manual' and 'funny'. In his first book, he looks at the recurring themes of his standup and tries to figure out who he is before he dies.



Teenage Fiction

Sarah Harris – The definition of us

Florence is pretty sure she's not got much in common with the other patients at Manor Lane Diagnostic & Therapy Centre. Wilf has ADHD and a tendency to punch doors, Andrew's ASD means he likes to run to a schedule as precise as a Japanese train, and Jasper would be far too perky if it wasn't for his moods at mealtimes. It's only when Howard Green, the Centre's psychotherapist goes missing that they start to share some common ground.

Adam Silvera – More happy than not

In the months after his father's suicide, it's been tough for 16-year-old Aaron Soto to find happiness he's slowly remembering what that might feel like. When his girlfriend Genevieve leaves for a couple of weeks, Aaron starts hanging out with a new guy, Thomas. Aaron's friends are not exactly thrilled. But Aaron can't deny the happiness Thomas brings or how he makes him feel safe from himself.

Children's Fiction

Michelle Schusterman – Spotlight on coding club!

It's almost time for the talent show at school, and Erin couldn't be more excited. But Erin has a big secret: she has anxiety. And when things start piling up at home and school, she starts having trouble handling everything. Her friends from coding club have always been there for her, but will they be as understanding when the going gets tough?

Picture Books

Suzanne Chiew – The worry box

Murray Bear has lots of worries. What if the waterfall he's visiting is too loud? What if he's not very good at climbing? And what if all his friends laugh at him? With the help of his sister, Milly, Murray makes a special box in which to keep all his worries. But can the worry box really help?

Libby Walden - Feelings

Explore a world of emotions with this peep-through picture book. Richard Jones' enchanting illustrations and the lyrical text make each and every feeling come to life to help children understand the emotions they experience.

Tom Percival – Ruby's worry

Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's alright, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of her worry and feel like herself again?

See more books at:  <https://www.pinterest.co.uk/NottsLibraries/mental-health-and-wellbeing>

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