

Obsessions and Compulsions

Breaking Free from OCD

by Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner



Panic attacks

Panic attacks: what they are, why they happen, and what can you do about them

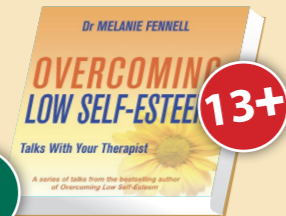
by Christine Ingham



Self esteem

Overcoming low self-esteem: a self help guide using cognitive behavioural techniques

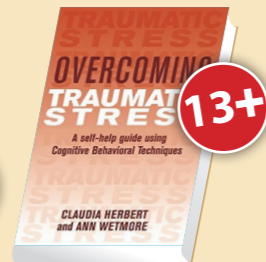
by Melanie Fennell



Trauma

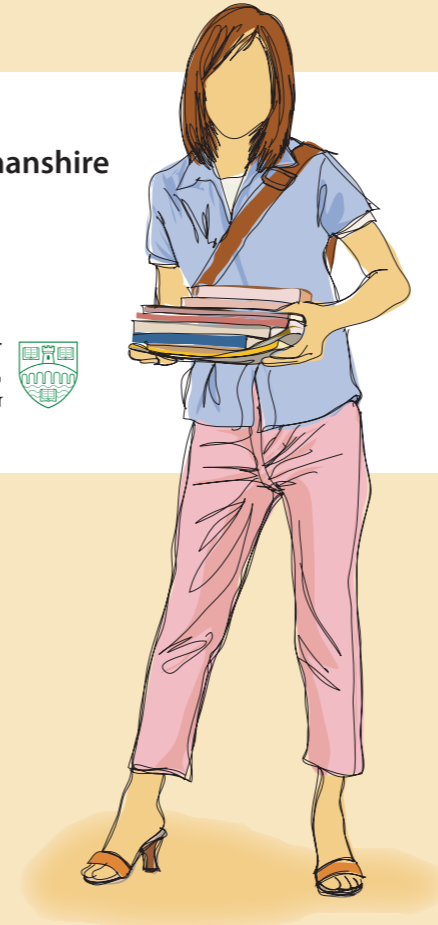
Overcoming traumatic stress; a self help guide using CB techniques

by Claudia Herbert & Ann Whetmore



Also suitable for a parent / carer.

Books may be borrowed for free from libraries in Clackmannanshire, Stirling and Falkirk, as well as Stirling University. Not all books are available in all council areas. If a book is not available in your area you can easily order it for **free** from one of the other library areas with the LICs Passport scheme. Ask at your library for help with this.



Books For Children and Young People To Help your Well-being



If you would like this list to be in another language or format we will consider your request and see what we can do. Please contact us at: integratedmentalhealth@clacks.gov.uk

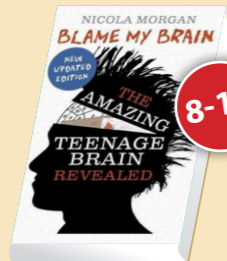
If you would like to contribute book suggestions or reviews to Wellbeing Books or have any questions please contact us at: integratedmentalhealth@clacks.gov.uk

These books are self-help and guided self-help books recommended by NHS Forth Valley. They are books chosen specifically for children and young people.

Adolescence

Blame My Brain

by Nicola Morgan



Confident teens: How to raise a positive, confident and happy teenager

by Gael Lindenfield



Anger

A Volcano In My Tummy

by Warwick Pudney & Elaine Whitehouse



Taming The Dragon In Your Child: Solutions for breaking the cycle of family anger



Anxiety and Worry

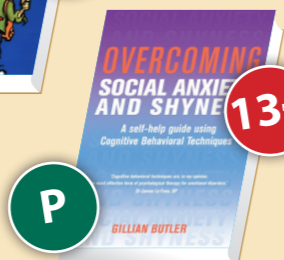
Think good Feel Good: A Cognitive Behavioural Therapy workbook for children and young people

by Paul Stallard



Overcoming social anxiety and shyness

by Gillian Butler



Autism Spectrum Disorders

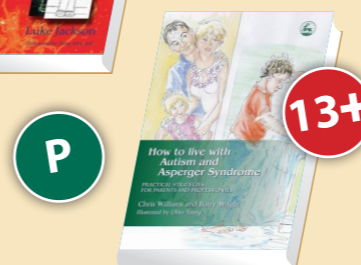
Freaks, Geeks and Aspergers Syndrome: A user guide to adolescence

by Tony Attwood & Luke Jackson



How to live with Autism and Asperger's Syndrome: Practical strategies for parents and professionals

by Christine Williams and Barry Wright & Olive Young



Bereavement

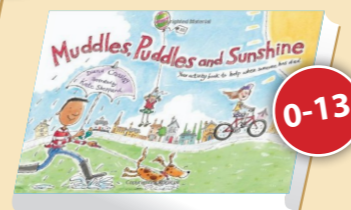
Badger's Parting Gifts

Susan Varley



Muddles, Puddles and Sunshine

Diana Crossley & Kate Sheppard



When a parent is ill

As Big As It Gets

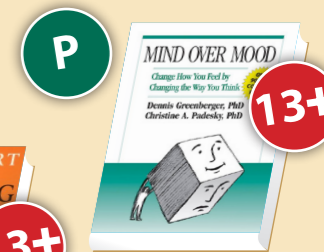
by Diana Crossley, Julie Stokes & Di Stubbs



Depression and low mood

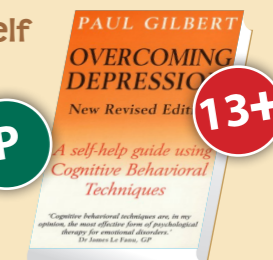
Mind over Mood

by Dennis Greenberger & Christine Padesky



Overcoming depression: A self help guide using cognitive behavioural techniques

by Paul Gilbert



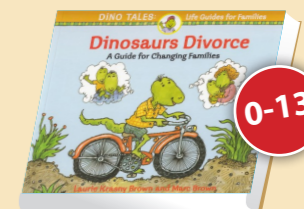
Think Good Feel Good: A cognitive- behaviour therapy workbook for children and young people



Divorce and Separation

Dinosaurs Divorce: A guide for changing families

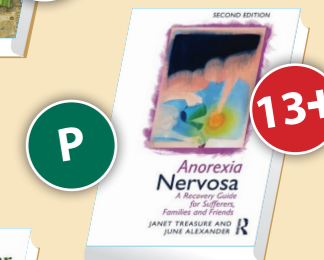
by Laurene Krasny



Eating disorders

Anorexia Nervosa: A survival guide for families, friends and sufferers

by Janet Treasure



Getting better bite by bite

by Ulrike Schmidt & Janet Treasure



Overcoming Anorexia Nervosa: A self help guide using cognitive behavioural techniques

by Peter Cooper & Christine Freeman

