

The Hamble School

MENTAL HEALTH & WELL-BEING READING LIST



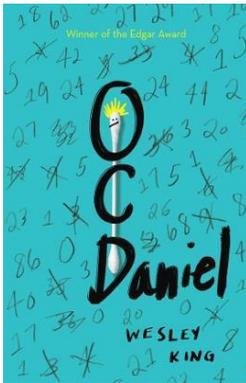
THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER



Are We All Lemmings & Snowflakes **Holly Bourne**

Welcome to Camp Reset, a summer camp with a difference. A place offering a shot at "normality" for Olive, a girl on the edge, and for her new friends, who are all dealing with their own battles. But as Olive settles in, she starts to wonder - maybe it's this messed up world that needs fixing, and not them. And so she comes up with a plan.



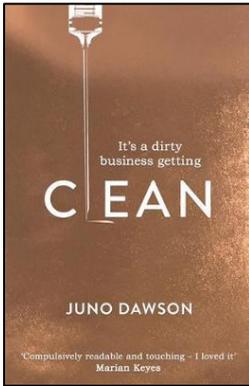
OCDaniel **Wesley King**

Daniel spends most of his time hoping no one notices his strange habits-he calls them Zaps: avoiding writing the number four, for example, or flipping a light switch on and off dozens of times over. He hopes no one notices that he's crazy, especially his best friend Max, and Raya, the prettiest girl in school. Then Daniel gets a note: "I need your help," it says, signed Fellow Star Child.



A Tragic Kind of Wonderful **Eric Lindstrom**

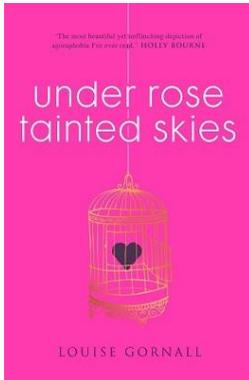
Mel Hannigan doesn't have it easy. Mourning the death of her firework of a brother, facing the loss of three friendships that used to mean everything to her and struggling to deal with a condition that even her closest friends don't know about. To protect herself and everyone else, Mel tries to lock away her heart, to live quietly without pain - but also without hope.



Clean **Juno Dawson**

When socialite Lexi Volkov almost overdoses, she thinks she's hit rock bottom. She's wrong. Rock bottom is when she's forced into an exclusive rehab facility.

From there, the only way is up for Lexi and her fellow inmates, including the mysterious Brady. As she faces her demons, Lexi realises love is the most powerful drug of all.



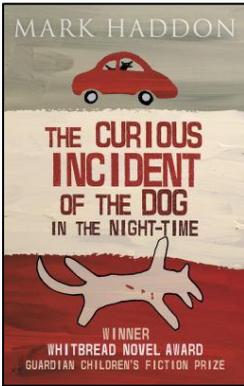
Under Rose-Tainted Skies **Louise Gornall**

Agoraphobia confines Norah to the house she shares with her mother. For her, the outside is sky glimpsed through glass, or a gauntlet to run between home and car. But a chance encounter on the doorstep changes everything: Luke, her new neighbour. Norah is determined to be the girl she thinks Luke deserves: a 'normal' girl, her skies unfiltered by the lens of mental illness.



I Have No Secrets **Penny Joelson**

Jemma knows who did the murder. She knows because he told her. And she can't tell anyone. Fourteen-year-old Jemma has severe cerebral palsy. Unable to communicate or move, she relies on her family and carer for everything. She has a sharp brain and inquisitive nature, and knows all sorts of things about everyone.

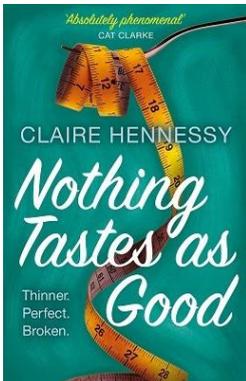


The Curious Incident of the Dog in the Night-Time

Mark Haddon

Christopher is fifteen and has Asperger's Syndrome. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey which

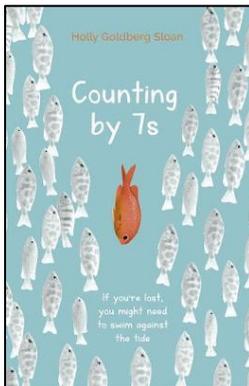
will turn his whole world upside down.



Nothing Tastes as Good

Claire Hennessy

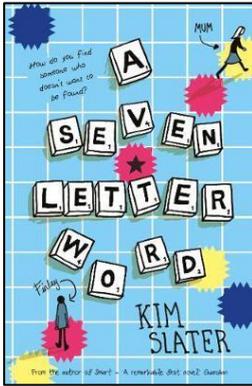
What happens when you give in to the voices in your head? Annabel is dead. And she's not happy about it. Despite having strived to be 'lighter than air' back when she was alive, the consequences of that yearning haven't quite sunk in yet. Julia Jacobs is fat. Which Annabel immediately notices when she's assigned as Julia's ghostly helper



Counting by 7's

Holly Goldberg Sloan

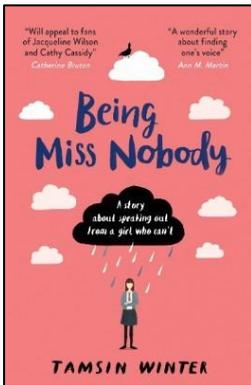
Willow Chance, a twelve-year-old genius who is obsessed with diagnosing medical conditions and finds comfort in counting by 7s. It has never been easy for her to connect with anyone other than her adoptive parents, but that hasn't kept her from leading a quietly happy life . . . until now.



A Seven Letter Word Kim Slater

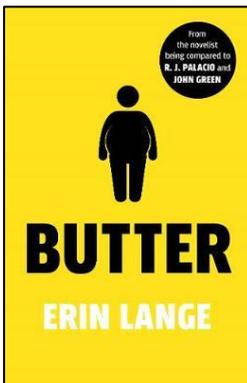
'My name is Finlay McIntosh. I can see OK, can hear perfectly fine and I can write really, really well. But the thing is, I can't speak. I'm a st-st-stutterer. Hilarious, isn't it? It's like the word is there in my mouth, fully formed and then, just as it's ready to leave my lips . . . POP! It jumps and ricochets and bounces around my gob. Except it isn't funny at all, because there's not a thing I can

do about it.'



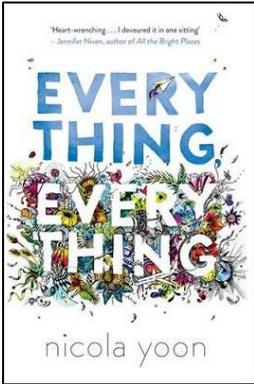
Being Miss Nobody Tamsin Winter

Rosalind hates her new secondary school. She's the weird girl who doesn't talk. The Mute-ant. And it's easy to pick on someone who can't fight back. So, Rosalind starts a blog - Miss Nobody; a place to speak up, a place where she has a voice. But there's a problem... Is Miss Nobody becoming a bully herself?



Butter Erin Lange

I can't take another year in this fat suit, but I can end this year with a bang. If you can stomach it, you're invited to watch . . . as I eat myself to death. -Butter Prepare to gasp, laugh and cry at one boy's journey from lonely outcast to toast of the school as he nears his dreadful deadline . . .

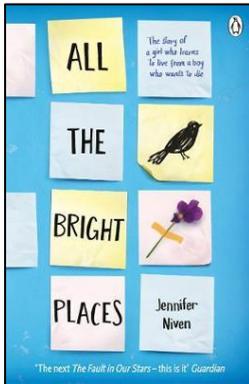


Everything, Everything

Nicola Yoon

Madeline Whittier is allergic to the outside world. So allergic, in fact, that she has never left the house in all of her seventeen years. But when Olly moves in next door, and wants to talk to Maddy, tiny holes start to appear in the protective bubble her mother has built around her. Olly writes his IM address on a piece of paper, shows it at her window, and suddenly, a door

opens.

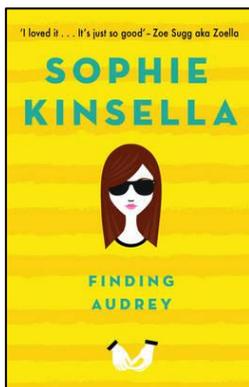


All the Bright Places

Jennifer Niven

Finch is a melancholy and unusual figure, preoccupied with death. He fixates on the notion of taking his own life. However, each time he decides to kill himself, some small but wonderful thing stops him. Violet is a popular girl, usually surrounded by many friends, but she is having a hard time coming to terms with the death of her sister. When the two meet on a ledge, they

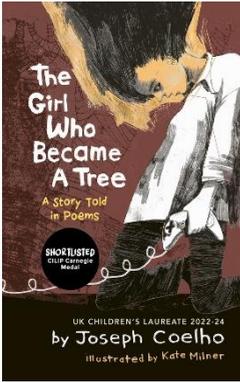
manage to save each other and, understandably, find themselves drawn to one another.



Finding Audrey

Sophie Kinsella

Audrey can't leave the house. she can't even take off her dark glasses inside the house. Then her brother's friend Linus stumbles into her life. With his friendly, orange-slice smile and his funny notes, he starts to entice Audrey out again - well, Starbucks is a start. And with Linus at her side, Audrey feels like she can do the things she'd thought were too scary.



The Girl Who Became a Tree

Joseph Coelho

Daphne is unbearably sad and adrift. She feels the painful loss of her father acutely and seeks solace both in the security of her local library and the escape her phone screen provides by blocking out the world around her. As Daphne tries to make sense of what has happened she recalls memories of shared times and stories past, and in facing the darkness she finds a way back from the

tangle of fear and confusion, to feel connected once more with her friends and family.



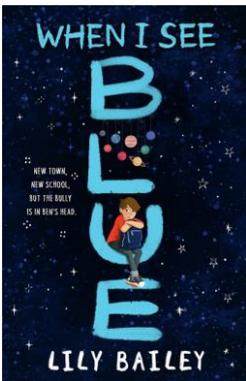
Paper Butterflies

Lisa Heathfield

Can you fly with broken wings?

June's life at home with her stepmother and stepsister is a dark one - and a secret one. Not even her father knows about it.

She's trapped like a butterfly in a jar. But then she meets Blister, a boy in the woods. And in him, June recognises the tiniest glimmer of hope that perhaps she can find a way to fly far, far away.

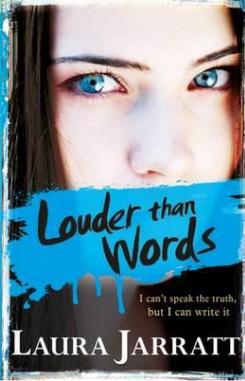


When I See Blue

Lily Bailey

Sometimes Ben's brain makes him count to 4 to prevent bad things happening. Sometimes it makes him tap or blink in 4s. Mostly it makes the smallest things feel impossible. And with a new school, a moody big brother, an absent dad and a mum battling her own demons, Ben feels more out of control than ever. But then he meets April, and with his new friend, Ben might finally figure out

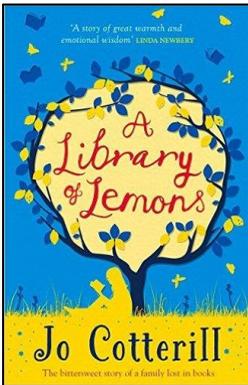
how to stand up to the bully in his brain, once and for all.



Louder than Words

Laura Jarratt

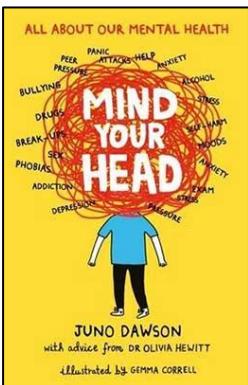
The last person I spoke to was my brother, Silas, and I was six. Since then, not a word. Silas says he'd give anything to hear me speak again. Now I sit here and think the same thing about him.



A Library of Lemons

Jo Cotterill

Calypso's mum died a few years ago and her emotionally incompetent Dad can't, or won't, talk about Mum at all. Instead he throws himself into writing his book *A History of the Lemon*. Meanwhile the house is dusty, there's never any food in the fridge, and Calypso retreats into her own world of books and fiction.



Mind Your Head (NF)

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 our mental health. Juno Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt.



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