

21 titles from the [Shelf Help](#) collection for young people



Author	Title
Casale, Alexia	House of windows
Levithan, David	Every day
Brahmachari, Sita	Kite spirit
Haddon, Mark	The curious incident of the dog in the night-time
Chbosky, Stephen	The perks of being a wallflower
Morgan, Nicola	Blame my brain
Nelson, Jandy	I'll give you the sun
Dowrick, Christopher	Can I tell you about depression?
Lask, Bryan	Can I tell you about eating disorders?
Higashida, Naoki	The reason I jump
Dawson, Juno	Mind your head
Naik, Anita	Self-esteem and being you
Reynolds, Shirley	Am I depressed and what can I do about it?
Collins-Donnelly, Kate	Banish your body image thief
Collins-Donnelly, Kate	Banish your self-esteem thief
Derisley, Jo	Breaking free from OCD
Zephaniah, Benjamin	Face
Elliott, Michelle	Teen Life Confidential: Bullies, Cyberbullies and Frenemies
Morgan, Nicola	The teenage guide to stress
Fairfield, Lesley	Tyranny
Toten, Teresa	The unlikely hero of room 13b