

Titles you might like to try from the 'All about you' collection

Asperger Syndrome, the Universe and Everything (J618.928) Kenneth Hall

Blue Bottle Mystery: an asperger adventure Kathy Hoopmann

Putting on the Brakes: understanding and taking control of your ADD or ADHD (J618.928) Patricia Quinn

Think Good Feel Good: a cognitive behaviour therapy workbook for children and young people (J616.891) Paul Stallard

1-2-3 Magic For Kids (J649.64 - also an ebook) Thomas Phelan

You will also find other titles on a range of health topics suitable for children, young people and adults in our library collections.

Please see our online catalogue at www.newcastle.gov.uk/libraries and www.newcastle.gov.uk/healthandwellbeing

You might also be interested in www.healthybooks.org.uk a website that recommends children's books which deal with physical or emotional problems.

If you need this information in another format or language please phone 0191 277 4100 or email: information@newcastle.gov.uk

Titles you might like to try from the 'My Life' collection

Finding a Way Through When Someone Close Has Died (T155.937) Pat Mood

Diet of Despair: a book about eating disorders for young people and their families (T616.852) Anna Paterson

Overcoming Teenage Low Mood and Depression: a five areas approach (T616.852) Nicky Dummett

Parent collection

Health and wellbeing books to help parents and carers with children or teenagers



Turn a new page



Newcastle Libraries

Newcastle
City Council 

The books below are for **parents and carers** and have been chosen with the help of Newcastle's Child and Adolescent Mental Health Services.

The books can be reserved online at www.newcastle.gov.uk/parentspace and can be found at a number of our libraries.

Adolescence

Surviving Your Adolescents: how to manage and let go of your 13-18 year olds (649.125) Thomas Phelan

Anger

A Volcano in My Tummy: helping children to handle anger : a resource book for parents, caregivers and teachers (152.47) Eliane Whitehouse

Anxiety and stress

Helping Your Anxious Child: a step-by-step guide for parents (618.928) Ronald Rapee

Aspergers Syndrome and Autism

Coming out Asperger: diagnosis, disclosure and self-confidence (616.858) Dinah Murray

Bereavement

Helping Children Cope with the Loss of a Loved One: a guide for grown ups (155.937) William Kroen

Depression

So Young, So Sad, So Listen (618.928) Philip Graham

Eating Disorders

Eating Disorders: a parents' guide (618.928) Rachel Bryant-Waugh

OCD

Talking Back to OCD: the program that helps kids and teens say "no way" and parents say "way to go" (618.928) John March

A selection of useful websites

Eating Disorders Association

www.b-eat.co.uk
Information about eating disorders, how to get help and online support.

Young Minds

www.youngminds.org.uk
An interactive, informative website for children, young people and parents which includes booklets, podcasts, real life stories and booklists.

Frank

www.talktofrank.com
A to Z list of substances explains appearance and use, effects, chances of getting hooked, health risks and UK law. Includes information on peer pressure.

