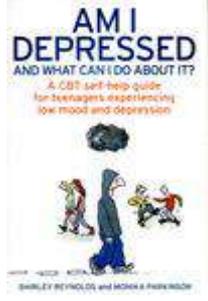
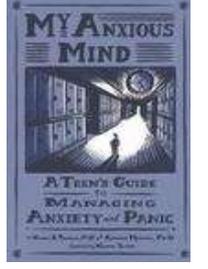
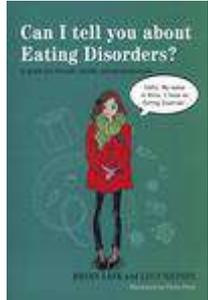
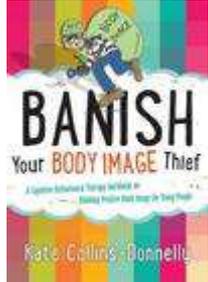


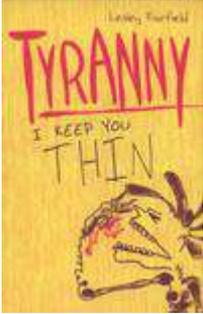
## Understanding teenagers: Mental health

To reserve any of the below books from your nearest library please go to [www.suffolklibraries.co.uk](http://www.suffolklibraries.co.uk) click on 'Search and Reserve' and type in the title of the book.

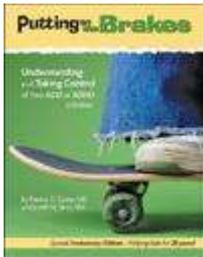
Cover	Title	Author	Description
<b>Depression and Anxiety</b>			
	<b>Am I depressed and what can I do about it?: a CBT self-help guide for teenagers experiencing low mood and depression</b>	Shirley Reynolds and Monika Parkinson	This accessible, engaging and age-appropriate self-help guide based on current research and best practice for young people aged 13 to 17 who experience low mood and depression, and their friends, family and health professionals.
	<b>My anxious mind: a teen's guide to managing anxiety and panic</b>	Michael A. Tompkins, Katherine Martinez and Michael Sloan	My Anxious Mind outlines a simple and proven plan to help you understand and deal with your anxiety and panic. It is full of simple-to-use tools and strategies that easily fit into any teen's busy routine.

## Body Image and Eating Disorders

	<b>Can I tell you about Eating Disorders</b>	Bryan Lask, Lucy Watson and Fiona Field	Alice invites readers to learn about anorexia nervosa and how it makes her see herself differently from how other people see her. She also introduces readers to Beth who has bulimia nervosa, Sam who has selective eating problems, Francesca who has functional dysphagia and Freddie who has food avoidance emotional disorder.
	<b>Banish your body image thief</b>	Kate Collins-Donnelly	The body image thief is a sneaky character - if you're not careful, he'll steal away all your positive feelings about your body from your 'Body Image Vault', leaving only the negative ones behind. How can you banish him? Fortify your vault with positive self-beliefs so he can't break in!

	<p><b>Tyranny: I keep you thin</b></p>	<p>Lesley Fairfield</p>	<p>One day, horrified by her reflection in the mirror, Anna makes a life-changing decision - that food is the enemy. Her obsession with being thin and beautiful will now dominate her every waking and sleeping hour.</p>
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## ADHD

	<p><b>Putting the brakes on</b></p>	<p>Patricia O. Quinn and Judith M. Stern</p>	<p>Written by two nationally recognized ADHD experts, Putting on the Brakes is loaded with practical ways to improve organizational, focusing, studying, and homework skills and contains more strategies for making friends, controlling emotions, and being healthy. This book gives kids with ADHD the tools for success in and out of school and helps them to feel empowered to be the best they can be!</p>
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## OCD

	<p><b>Breaking free from OCD: a CBT guide for young people and their families</b></p>	<p>Jo Derisley</p>	<p>OCD, obsessive compulsive disorder, is a potentially life-long debilitating disorder, which often emerges during teenage years. This step-by-step guide uses the principles of cognitive behavioural therapy and is written for adolescents with OCD and their families, to be used in home treatment or as a self-help book.</p>
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