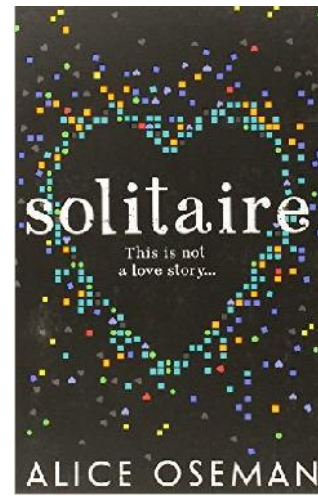
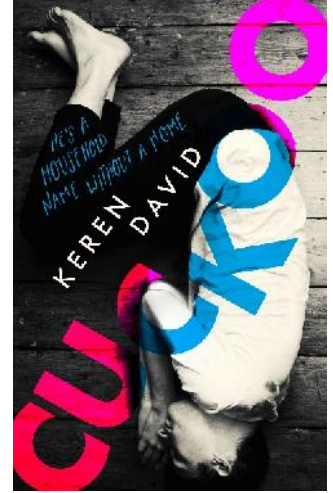
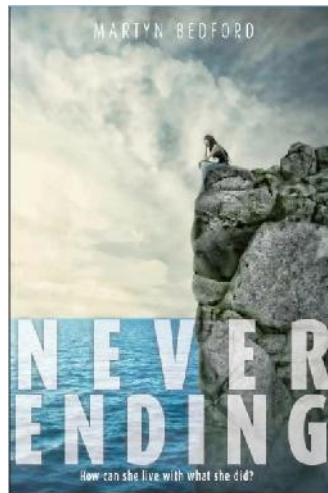
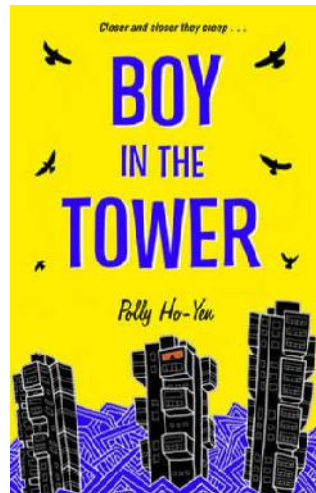




Mental Health

BOOK RECOMMENDATIONS



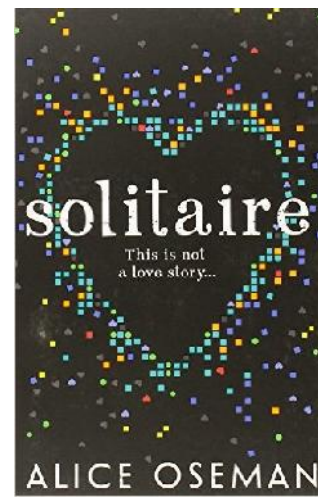
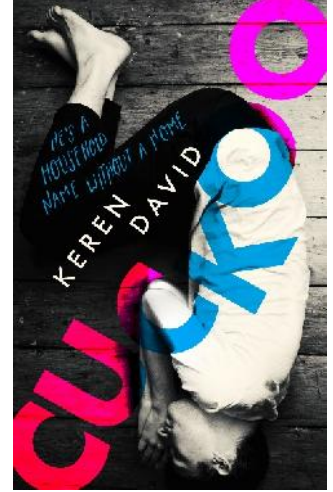
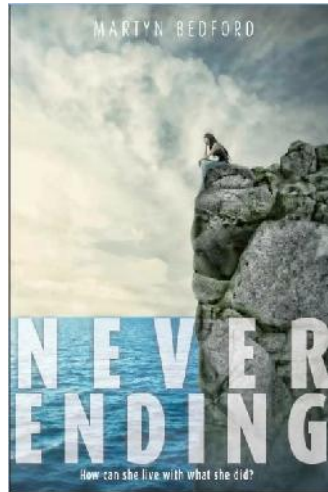
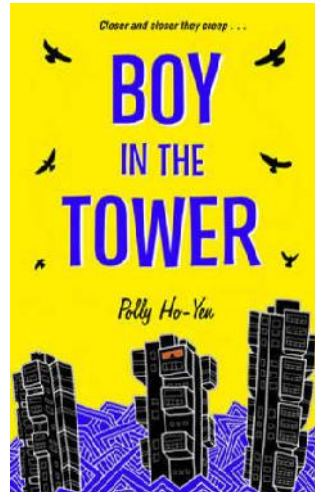
The Children's Society report that 10% of children aged 5-16 have a diagnosable mental health problem. However, 70% of adolescents who experience mental health problems do not gain the help they need early enough.

Mental health affects people in many ways, and it can be difficult to understand what is happening to you or those affected. Reading about mental health can clear up a lot of confusion and uncertainty.

Everyone deserves to be represented in stories. Fiction is an excellent way to learn more about the world and the people in it. If you found this list helpful, ask your librarian for further recommendations.

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