

(M) Mental Health

Number	Title	Author
M1	Aspergers Syndrome and Anxiety – Girl with the curly hair	Alis Rowe
M2	Avoiding Anxiety in Autistic Children	Dr Luke Beardon
M3	Be Brave - A child's guide to overcoming sadness – ages 7-11	Poppy O'Neil
M4	Be Strong- You are braver than you think – Ages 7-11	Poppy O'Neill
M5	Disappointment Dragon	KI Al Ghani
M6	Everyday Confidence	Nik & Eva Speakman
M7	Everything begins with Asking for Help	Kevin Braddock
M8	Facing the Storm	Ray Owen
M9	Happy not Perfect	Poppy Jamie
M10	Healing the Hurt Within	Jan Sutton
M11	Helping your child with worry and anxiety	Ann Cox
M12	How to be Awesome	Sophie Golding
M13	How to cope – When your child can't	Roz Shafran, Ursula Saunders and Alice Welham
M14	How to help someone with Anxiety	Dr Rachel M Allen
M15	How to help someone with Depression	D Emma Cotterill
M16	Living with the Enemy	Ray Owen
M17	Mind Power for Children	John Kehoe and Nancy Fischer
M18	My Happy Sad Mummy	Michelle Vasiliu and Lucia Masciullo
M19	My Hidden Chimp	Prof Steve Peters
M20	How to Stay Happy	Helen Jaeger
M21	Never Let Go – How to parent your child through Mental Illness	Suzanne Alderson
M22	No More Worries	Poppy O'Neill
M23	The Panicosaurus	KI Al GHani
M24	PTSD for Dummies	Mark Goulston
M25	The Art of Letting Go	Damon Zahariades
M26	The Book of Overthinking	Gwendoline Smith
M27	The Happy Self Journal	Francesca Geens
M28	When my Autism gets too big	Kari Dunn Buron
M29	Why does everything always go wrong	Dr Chris Williams
M30	Why Do I Have To!	Laurie Leventhal-Belfer
M31	You're a Star – A child's guide to Self-esteem	Poppy O'Neill
M32	Help with Anxiety	Ged Jenkins Omar
M33	Please Yourself – How to stop people pleasing and transform the way you live	Emma Reed Turrell
M34	Stop Over Thinking _ For Men and Women	Sebastian O'Brien
M35	Two Homes	Clare Masurel
M36	Pet Therapy – Learn how to use pet therapy to control your mental health	Patricia Carlisle
M37	Your Healing Companion – Therapy Pets guide	Jill Eckersley