

Waiting Well

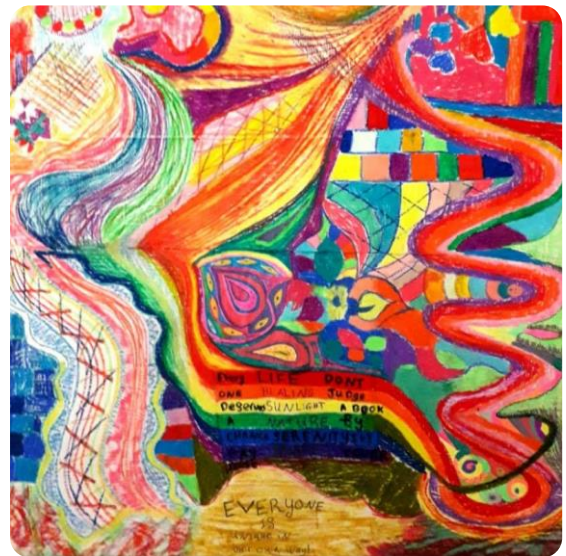
Books to help whilst you wait for targeted support



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There are so many guides, workbooks and stories out there that talk about mental health and wellbeing, we thought we'd share some that we find helpful

Guides For Parents

Helping Your Child Series

This series of guides for parents and caregivers use clinically proven techniques to support parents looking for ways to help their children.

Helping Your Child with Fears and Worries	Cathy Creswell & Lucy Willets
Helping Your Child with Sleep Problems	Mandy Byron & Penny Titman
Helping Your Child with a Physical Health Condition	Rachel Hiller & Michael Gradisar
Helping Your Child with Bullying and Friendship Problems	Sandra Dunsmuir & Jessica Dewy

Downloadable booklets to help you to support your child or young person

The Mental Health Foundation

[The Anxious Child | Mental Health Foundation](#)

[The Mental Health Foundation's Schools - Make it Count Parents and Carers guide.pdf](#)

The Anna Freud Centre

[7waysanxiety.pdf \(annafreud.org\)](#)

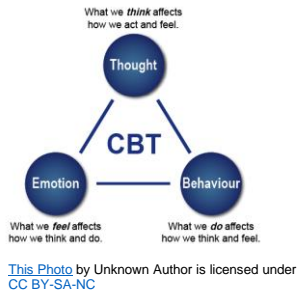
[Advice for parents and carers of primary school pupils | Talking mental health primary school | Anna Freud Centre](#)

[Advice for parents and carers | Talking mental health secondary school \(annafreud.org\)](#)

The Anna Freud Centre has also produced a series of podcasts called *Child In Mind*
[Child in Mind | Podcast on Managing Children and Family Mental Health Problems | Anna Freud Centre](#)

Work Books

- ❖ The *Gremlin and Thief series* by **Kate Collins-Donnelly** are books full of techniques based on cognitive behavioural therapy. They support children and young people to look different about the way they think and act in order to change how they feel.



Starving the Anxiety Gremlin (versions for older & younger children)

Starving the Depression Gremlin

Starving the Stress Gremlin

Starving the Exam Stress Gremlin

Starving the Anger Gremlin (versions for older & younger children)

Banish the Body Image Thief

Banish the Self Esteem Thief

Dr Alex George, UK Youth Mental Health Ambassador has written

A Better Day: A Positive Mental Health Handbook (2022)

Penny Alexander and Becky Goddard-Hill have created two guides for teenagers

Be Happy Be You (2020) and *Be Confident Be You (2023)*

Stories

There are plenty of brilliant novels and story books for all ages that can help parents and children understand more about mental health and wellbeing, but it can be tricky to work out which are best.

The Book Trust is a reliable source of inspiration and have booklists organised by themes such as 'books to make you feel happy' and 'supporting a healthy mind'.

<https://www.booktrust.org.uk/books-and-reading/bookmark-disability-and-books/mental-health/>

Here a just a few of the books that we love!

Books for younger children

Author	Title	Date Published
Margot Sutherland	A Niffleloo Called Nevermind: A Story for Children Who Bottle Up Their Feelings	2017
Margot Sutherland	The Day the Sea Went Out and Never Came Back	2003
Eve Elland	When Sadness Comes to Call	2020
Eve Elland	Where Happiness Begins	2021
Moira Butterfield	Everybody Feels Sad	2016
Moira Butterfield	Everybody feels Worried	2020
Rosie Greening	The Very Hungry Worry Monster	2019
Rachel Morrisroe	The Drama Llama	2022
Amanda McCardie	A Book of Feelings	2016

Some of these books are part of a series, so it's worth looking to see which other titles might be helpful.

Books for older children

Author	Title	Date Published
Nicola Morgan	The Awesome Power of Sleep How Sleep Super-Charges Your Teenage Brain	2021
Lilly Bailey	When I See Blue	2022
Kate Di Goldi	The 10pm Question	2011

*We know that it is hard to wait for our services.
Please be assured that we are doing our best
to progress you on the waiting list.*

Build Sound Minds Derby & Derbyshire

Phone: 01332 679379 / 01246 277422

Email: BuildSoundMindsDD@actionforchildren.org.

Website <https://services.actionforchildren.org.uk/derbyshire>