

Anxiety	
The Shyness and Social Anxiety Workbook for Teens	155.5 SHA
The Anxiety Survival Guide for Teens by Jennifer Shannon	155.5124 SHA
Quiet the Mind by Matthew Johnstone	158.12 JOH
Mind Your Head by Juno Dawson	616.89 DAW
My Anxious Mind by Michael A Tompkins	618.92 TOM
The Perks of Being a Wallflower by Stephen Chbosky	813.54 CHB

Bullying	
Bullies, Cyberbullies and Frenemies by Michelle Elliott	302.343 ELL
Vicious True Stories by teens about bullying	302.343 VAN

Depression	
Fighting Invisible Tigers by Earl Hipp	155.5 HIP
I had a black dog by Matthew Johnstone	616.85 JOH
Can I tell you about depression by Christopher Dowrick	616.8527 DOW
Overcoming Depression	616.8527 GIL

Useful Websites

MIND - Mental Health Charity www.mind.org.uk

Beating Depression and Anxiety Help-
www.beatingtheblues.co.uk

I Care - Enabling you to live at home independently and confidently www.icaredomcare.co.uk

New Horizons - Mental Health & Emotional Wellbeing Resource Centre. Newhorizons-mentalhealth.co.uk

The Rap Project - Provides a variety of programmes to raise awareness about personal safety. theraproject.co.uk

Womens Aid - Provides information and support to victims of domestic violence. www.womensaid.org.uk

Umbrella Cymru - Gender and Sexual diversity specialists. www.umbrellacymru.co.uk

Valleys Steps - Teaches people ways to manage and reduce stress, anxiety levels and low mood. www.valleysteps.org

Mindfulness	
Mindfulness for Breathing (CD)	155.5 MIN
Mindfulness for teen anxiety	155.51426 WIL
Little Book of Mindfulness	158.1 COL
Mindfulness Mark Williams	158.1 WIL

Self-Esteem	
Banish your Self-Esteem Thief by Kate Collins-Donnelly	158.1 COL
The Buzz: confidence builder for teenagers by David Hodgson	158.1 HOD
Self Esteem and being you by Anita Naik	158.1 NAI
You are Awesome by Matthew Syed	158.1 SYE
Banish Your Body Image Thief by Kate Collins-Donnelly	618.928527 COL
The Self-Esteem Teams guide to Sex, Drugs& WTFs	646.7008 BAR

General Wellbeing	
Blame my Brain: The Amazing teenage brain revealed by Nicola Morgan	158.0835 MOR
The Chimp Paradox	158.1 PET
Stuff that Sucks by Ben Sedley	158.1 SED
Black Box Thinking	158.1 SYE
10% Happier By Dan Harris	158.12 HAR
Games People Play by Eric Berne	158.2 BER
Learning to Say No When you usually say Yes	158.2 LEA
Freaks, Geeks and Asperger Syndrome by Luke Jackson	371.94 JAC
Can I tell you about eating disorders by Bryan Lask	616.85 LAS
Touch and Go Joe by Joe Wells	616.85227 WEL
The Reason I Jump by Naoki Higashida	616.856 HUG
Putting on the Brakes: Taking control of Your ADD or ADHD	616.8589 QUI
Emotional Resilience	616.89 BAR
Don't let your emotions run your life for teens	616.89142 DIJ
Breaking free from OCD	618.9285 BRE
The Perks of Being a Wallflower by Stephen Chbosky	813.54 CHB
Kite Spirit by Sita Brahmachari	823.92 BRA
House of Windows by Alexia Casale	823.92 CAS

Shelf Guide

Stress Management	155.9
Anxiety	155.5
Mindfulness	158.1
Confidence and Assertiveness	158.2
Teen Drinking	362.292
General Health	613
Nutrition	613.2
Massage and complimentary therapies	615.822
Smoking	616.86
Food and Anxiety	616.85
Eating Disorders	616.85
Depression	616.85

Magazines

Health & Fitness

Electronic Resources

FINDit - Library catalogue of resources

Ebrary - Ebooks



Moodle

There are lots of leaflets and guides available via Moodle

Useful Contacts

Suicide Prevention Contact Details

- Call the [Samaritans](#) support service anytime on 116 123 (freephone)
- Call the [PAPYRUS](#) HOPELineUK on 01925 572444 if you are a young person (or have concerns about a young person)
- Call the [CALL Helpline](#) (Wales) on 0800 132 737
- Go to your nearest accident and emergency (A&E) department and tell the staff how you are feeling
- Contact [NHS Direct](#) (Wales) on 0845 4647
- Speak to a friend, family member or someone you trust
- Make an urgent appointment to see your GP

Counselling

The counselling service is a free and confidential service available to all students.

Counselling is provided to offer support and understanding, to listen and respond in a non-judgmental, non-critical, and respectful way to enable a student to explore any issues that concern or trouble them.

Email counselling@merthyr.ac.uk to access the service



Contact Us

Phone: 01685 726193

Email: LZ@merthyr.ac.uk

Twitter: [@CMTLearningZone](https://twitter.com/CMTLearningZone)

Facebook: Merthyr College Learning Zone

Subject Guides: Health and Wellbeing

