



GOOD BOOKS *about* TOUGH TOPICS

Sometimes raising issues like anxiety, depression or bullying with our children can feel impossible. Even just figuring out how to talk honestly about emotions can be hard. Books can be a great gateway to these conversations; whether it's a novel about a character dealing with something similar or the biography of a real life person. Here are some books that might help you with that difficult conversation.



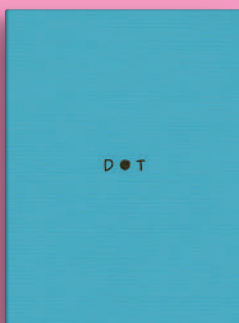
penguin.co.nz

Talking about and dealing with emotions.



Age: 12+ | RRP: \$30 | ISBN: 9780143775676

From the founders of *Voices of Hope*, comes this guided journal for personal reflection and working on your mental well-being. These interactive pages will guide the user in personal reflection, goal-setting, organising support systems and creating strategies for difficult moments. A practical and creative outlet for those struggling with mental health or simply looking to improve their personal outlook on life.



Age: 7+ | RRP: \$26 | ISBN: 9780143775324

In this beautiful hand-drawn book, the reader is guided through a focused breathing exercise, offering a practical way to comfort and calm anyone feeling anxious, stressed or overwhelmed.

For anyone (big or small) who wants to take a moment and some nice, deep breaths.



Age: Teen | RRP: \$30 | ISBN: 9780241410899

An anthology of writing from inspirational people on what mental health means to them, who have suffered through the worst, and know what it's like to fight to feel better. This isn't just a book. It's a shout, a scream that cuts above the noise and lets everyone know they are not alone. Funny, sad, clever, relatable it will be a shining example of the power of words to make us all feel better.



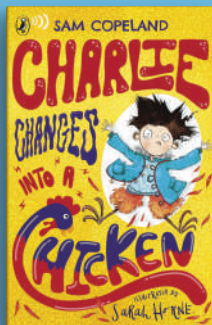
Age: One for the parents | RRP: \$40.00 | ISBN: 9780143570639

Charting John Kirwan's experiences as a father, and featuring the real voices of young people today, *Stand By Me* is an intimate and enlightening window into teenage mental health, with a focus on depression and anxiety.

With input from two clinical psychologists, JK confronts the big questions facing parents and teens, highlighting key messages and offering best approaches. A powerful tool for anyone concerned about the wellbeing of young people in their care.



Stories to guide and inspire. ✨



Age: 9+ | RRP: \$9.99 | ISBN: 9780241346211

Charlie McGuffin has an incredible secret...

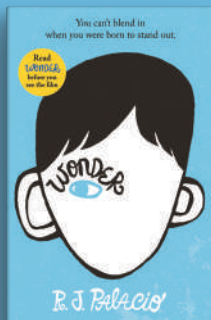
He can change into animals. All sorts of animals, in fact: a flea, a pigeon, even a rhino.

It only happens when he gets worried, but trouble is, right now, Charlie has quite a lot to worry about. A story about dealing with worries and anxiety that still manages to make the reader laugh out loud.



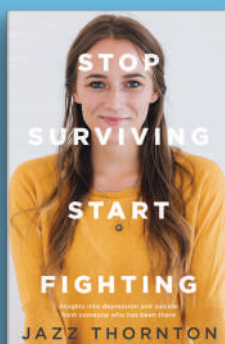
Age: 10+ | RRP: \$19.99 | ISBN: 9780143318026

Simon is a typical teenager – in every way except one. Simon likes girls, weekends and enjoys mucking about and playing practical jokes. But what's different is that Simon has muscular dystrophy – he is in a wheelchair and doesn't have long to live. *See Ya, Simon* is told by Simon's best friend, Nathan, and is the story of their last year together. A great book to open up conversations about grief and loss.



Age: 9+ | RRP: \$23 | ISBN: 9780552565974

The unforgettable, life-affirming and internationally bestselling story of August Pullman - a boy who's desperate to blend in, but is destined to stand out because of the way he looks. *WONDER* is a funny, frank, astonishingly moving debut to read in one sitting, pass on to others, and remember long after the final page.

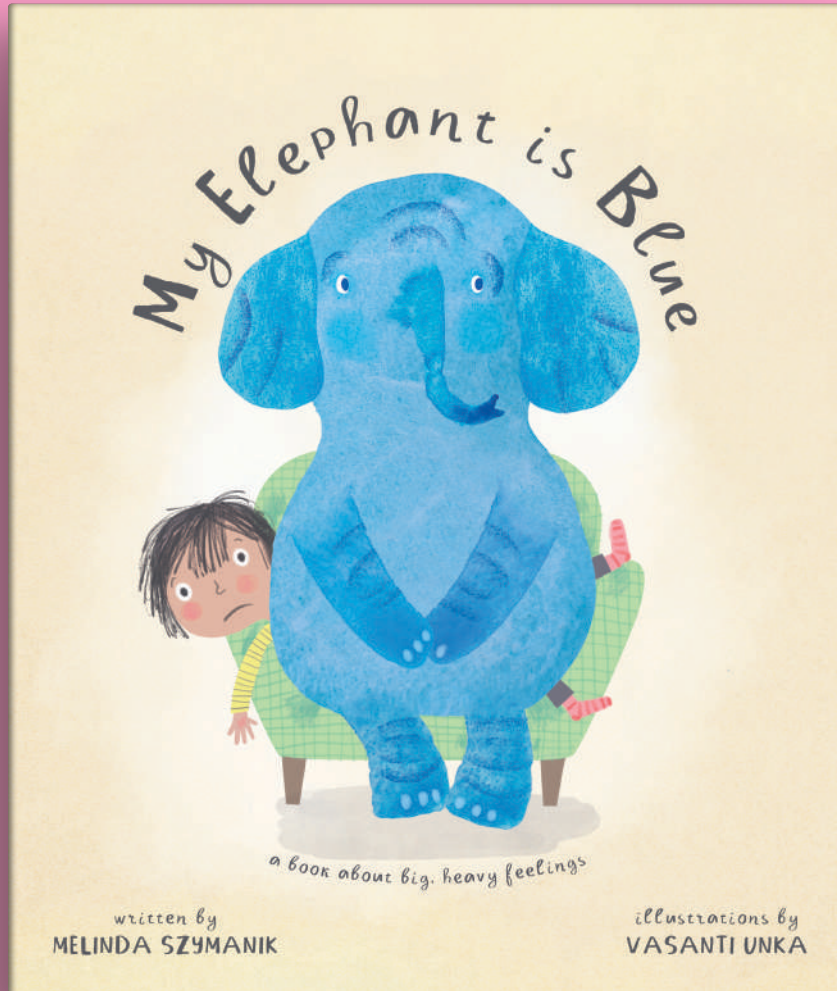


Age: Teen+ | RRP: \$38 | ISBN: 9780143774129

A hard-hitting, thought-provoking account of surviving suicide attempts and moving on to a better life, which provides practical help and inspiration to anyone affected by depression or suicide. Jazz Thornton first attempted to take her own life at the age of 12. Multiple attempts followed. Find out what Jazz learned about how her negative thought patterns came to be, and how she turned those thoughts - and her life - around.



My Elephant Is Blue



Age: 3+ | RRP: \$19.99 | ISBN: 9780143775645

A sweet and quirky story about a child who is stuck carrying around an elephant, wondering if they will ever feel light and free again . . .

Warm, empathetic, hopeful and often funny, with the ability to be read on different levels, *My Elephant is Blue* is the perfect story to help children explore and understand the experience of living under the weight of a big sadness.