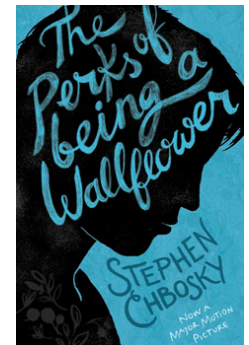
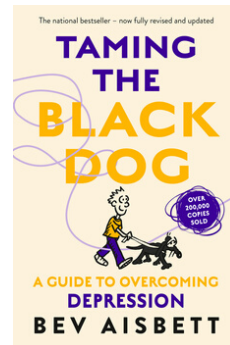
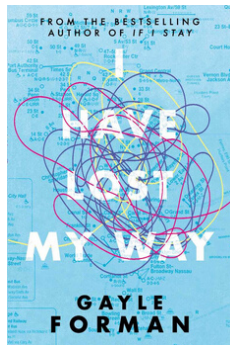
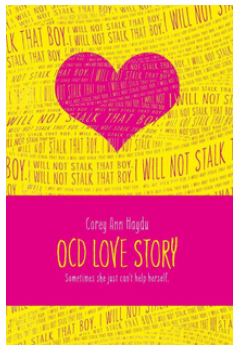
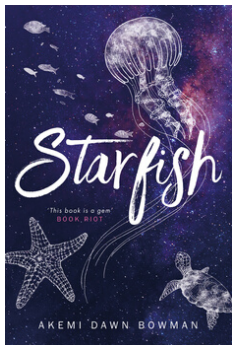
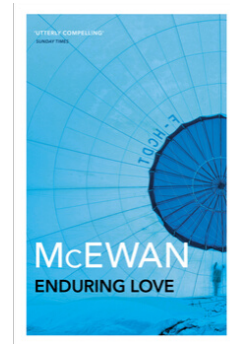
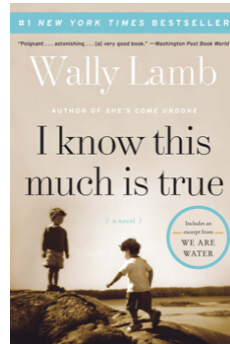
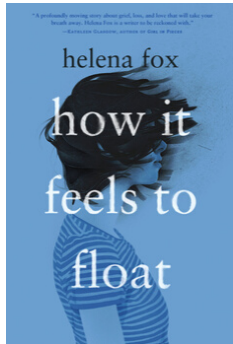
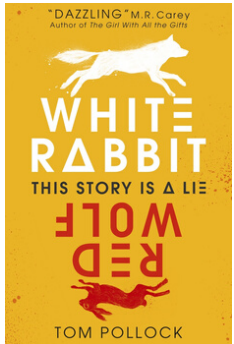
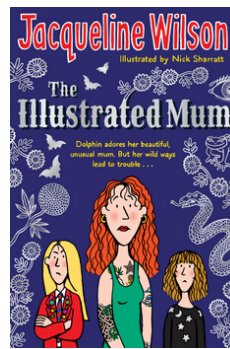
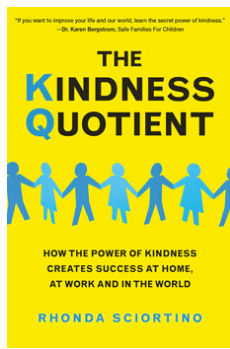
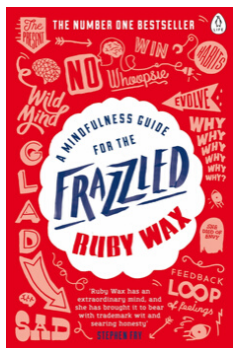
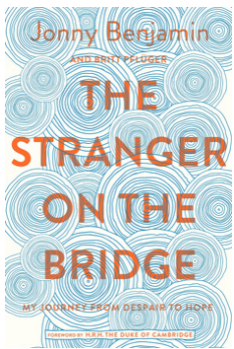


Mental Health Awareness eBooks and eAudiobooks



Hosted by the Mental Health Foundation, this year's Mental Health Awareness Week (18th - 24th May) will be focusing on the power and potential of kindness whilst raising awareness of mental health issues and advocating against social stigma.

Books can not only help us understand and sympathise with greater kindness, but also offer valuable insight into the lives and minds of authors and characters who experience mental illness.

This booklist provides details of just some of the fiction and non-fiction titles for adults and younger readers available on BorrowBox – our free eBook and eAudiobook service.

All the titles are available for loan online on BorrowBox, either via their app or their website:

https://fe.bolindadigital.com/wldcs_bol_fo/b2i/mainPage.html?b2bSite=5330

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by emailing **library.informationunit@islington.gov.uk**
or phoning **020 7527 6952**



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Bev Aisbett
Taming the Black Dog

eBook

A bestselling guide to overcoming depression.

Laurie Halse Anderson
Wintergirls

eAudiobook & eBook

Cassie and Lia are best friends, and united in their quest to be thin. But when Cassie is found dead in a motel room, Lia must question whether she continues to lose weight, or choose life instead.



Jay Asher
13 Reasons Why

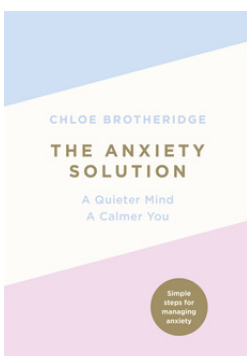
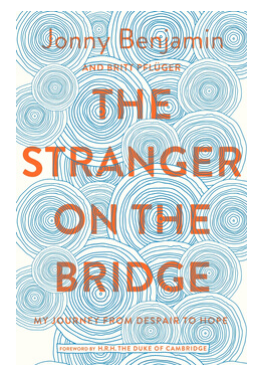
eAudiobook & eBook

You can't stop the future. You can't rewind the past. The only way to learn the secret... is to press play.

Jonny Benjamin & Britt Pflüger
The Stranger on the Bridge

eAudiobook & eBook

In 2008, twenty-year-old Jonny Benjamin stood on Waterloo Bridge, about to jump. A stranger saw his distress and stopped to talk with him – a decision that saved Jonny's life.



Chloe Brotheridge
The Anxiety Solution

eAudiobook & eBook

Your roadmap to a calmer, happier and more confident you.



Susannah Cahalan The Great Pretender

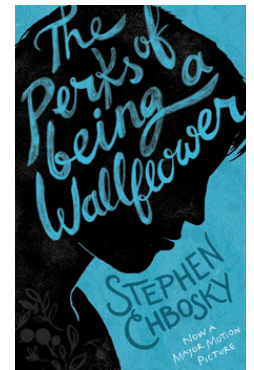
eAudiobook & eBook

For centuries, doctors have struggled to define mental illness - how do you diagnose it, how do you treat it, how do you even know what it is?

Stephen Chbosky The Perks of Being a Wallflower

eAudiobook & eBook

The world of first dates and mixed tapes, family dramas and new friends.



Kate de Goldi The 10pm Question

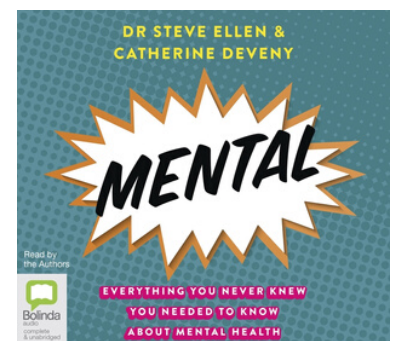
eAudiobook

A warm, surprising, real and intelligent novel you will fall in love with.

Catherine Deveny & Steve Ellen Mental

eAudiobook

Psychiatrist Dr Steve Ellen and comedian Catherine Deveny combine forces to demystify the world of mental health.



Natasha Devon A Beginner's Guide to Being Mental

eAudiobook & eBook

A comprehensive guide to mental health from one of the UK's foremost experts.



Narinder Dhani
Bang, Bang, You're Dead

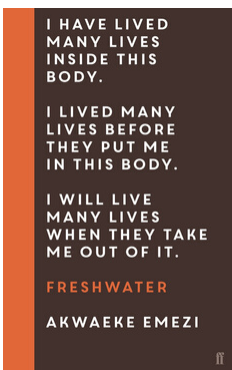
eAudiobook & eBook

A fast-paced and gripping thriller with an intriguing twist in its tail!

Jennifer Dugan
Verona Comics

eAudiobook

A fresh and funny YA romance about two teens who fall in love in an indie comic book shop.



Akwaeke Emezi
Freshwater

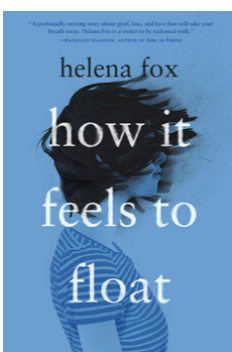
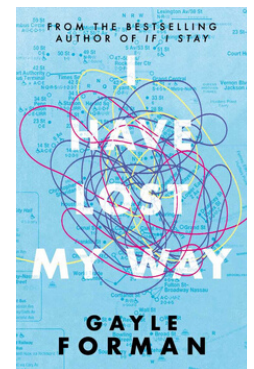
eBook

Ada was born with one foot on the other side. Having prayed her into existence, her parents Saul and Saachi struggle to deal with the volatile and contradictory spirits peopling their troubled girl.

Gayle Forman
I Have Lost My Way

eAudiobook & eBook

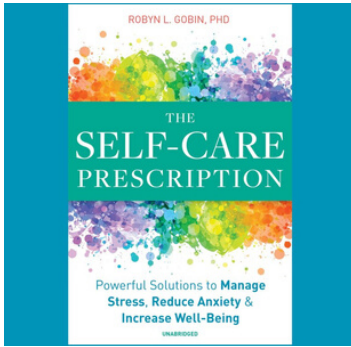
Told over the course of a single day from three different perspectives, this is a story about the power of friendship and being true to who you are.



Helena Fox
How it Feels to Float

eAudiobook & eBook

A deeply hopeful YA novel about living with mental illness.



Robyn L Gobin
The Self-Care Prescription

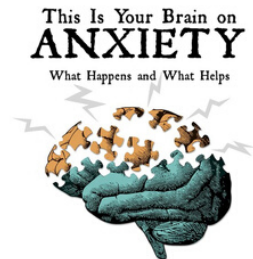
eAudiobook

Real self-care practices to enrich every part of your life.

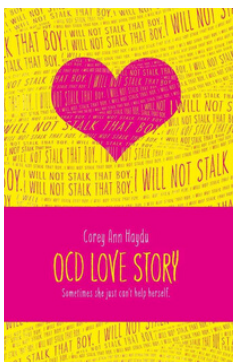
Faith G Harper
This is Your Brain on Anxiety

eAudiobook

Anxiety - it's the worst: choking, stifling, smothering, tingling, panicking, brain cutting out, bad decisions.



Faith G. Harper, PhD, LPC-S, ACS, ACN
Read by Erin Bennett | Unabridged



Corey Ann Haydu
OCD Love Story

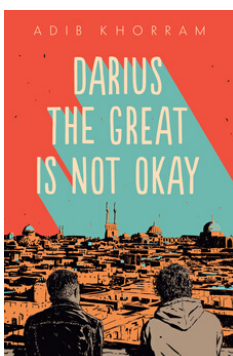
eBook

When Bea meets Beck, she knows instantly that he's her kind of crazy. Sweet, strong, kinda-messed-up Beck understands her like no one else can.

Ewa Jozefkowicz
The Mystery of the Colour Thief

eBook

First the accident, then the nightmares and the thief who steals the colour from Izzy's world.



Adib Khorram
Darius the Great is Not Okay

eAudiobook & eBook

A novel for anyone who's ever felt not good enough—then met a friend who makes them feel so much better than okay.



Caitlin R Kiernan The Drowning Girl

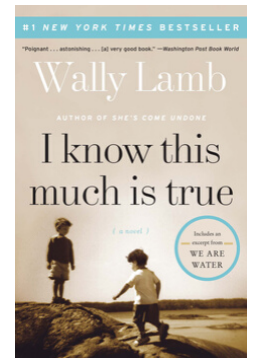
eBook

India Morgan Phelps - Imp to her friends - is schizophrenic. She can no longer trust her own mind, because she is convinced that her memories have somehow betrayed her.

Wally Lamb I Know This Much is True

eAudiobook & eBook

Dominick Birdsey's identical twin, Thomas Birdsey, suffers from paranoid schizophrenia. This is a heartbreaking and poignant multi-generational saga.



Mira T Lee Everything Here is Beautiful

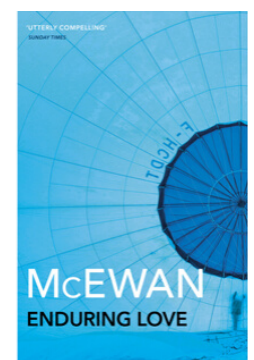
eAudiobook & eBook

A dazzling novel of two sisters and their emotional journey through love, loyalty, and heartbreak.

Ian McEwan Enduring Love

eAudiobook & eBook

Joe Rose's calm, organised life is shattered by a ballooning accident and he is driven to the brink of murder and madness.



Patrick Ness More Than This

eBook

An enthralling and provocative novel chronicling the life – or perhaps afterlife – of a teen trapped in a crumbling, abandoned world.



Jennifer Niven All the Bright Places

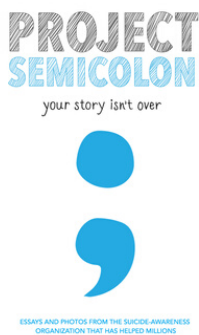
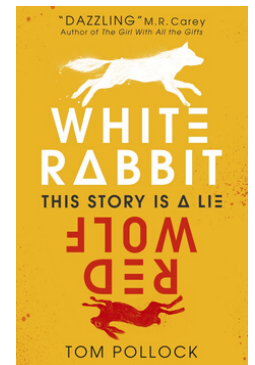
eAudiobook & eBook

A compelling and beautiful story about a girl who learns to live from a boy who wants to die.

Tom Pollock White Rabbit, Red Wolf

eBook

Sometimes, courage is just knowing what you're more afraid of.



Project Semicolon Your Story Isn't Over

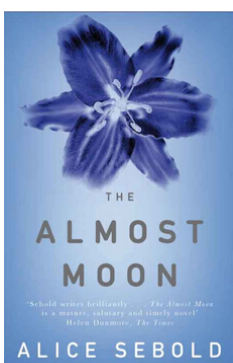
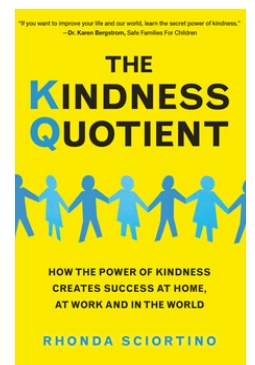
eBook

This collection from the suicide-awareness organisation features stories and photos from those struggling with mental illness.

Rhonda Sciortino The Kindness Quotient

eBook

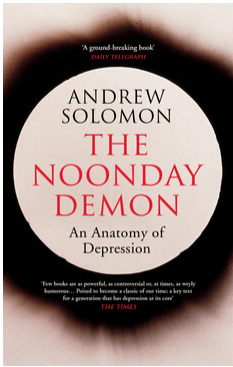
What's your kindness quotient? We like to think of ourselves as inherently kind, but just how kind are you?



Alice Sebold The Almost Moon

eBook

Helen Knightly has spent a lifetime trying to win the love of a mother who had none to spare.



Andrew Solomon The Noonday Demon

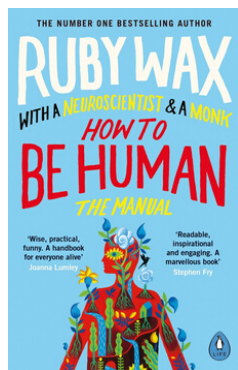
eBook

An affecting, intelligent, important and constructive book on depression.

Michelle Thomas My Sh*t Therapist

eAudiobook & eBook

A shocking, heart-rending and blisteringly funny account of what it's like to live with mental illness, by a powerful new comic voice.



Ruby Wax How to be Human

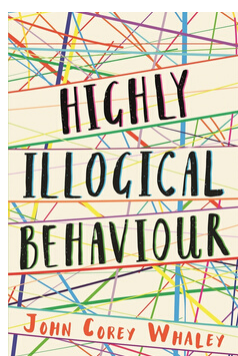
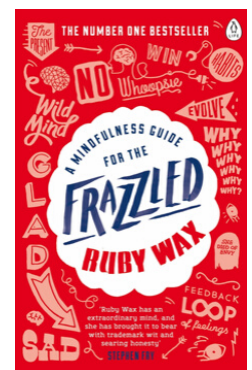
eAudiobook

A fascinating, intriguing and informative book about minds and bodies and brains and mindfulness.

Ruby Wax A Mindfulness Guide for the Frazzled

eAudiobook & eBook

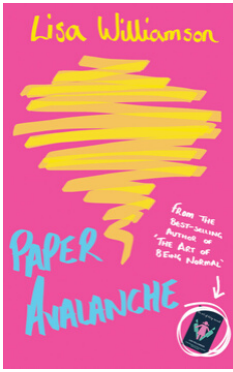
Mindfulness advice for relationships, for parents, for children and for teenagers.



John Corey Whaley Highly Illogical Behaviour

eAudiobook & eBook

Sixteen year old Solomon has agoraphobia. He hasn't left his house in three years, which is fine by him.



Lisa Williamson
Paper Avalanche

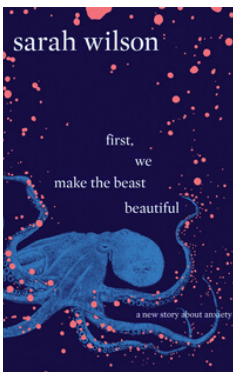
eBook

When it comes to flying under the radar, Ro Snow is the expert.

Jacqueline Wilson
Don't Touch

eBook

Two sisters live in a very dysfunctional household with their tattoo-crazy mum, who is struggling to cope.



Sarah Wilson
First, We Make the Beast Beautiful

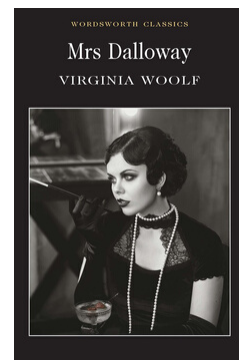
eAudiobook & eBook

If you have anxiety, this book is for you. If you love someone who is anxious, this book is for you.

Virginia Woolf
Mrs Dalloway

eAudiobook & eBook

Clarissa's life is touched by tragedy as the events in her day run parallel to those of Septimus Warren Smith, whose madness escalates as his life draws toward inevitable suicide.



Francesca Zappia
by Neil Gaiman

eAudiobook & eBook

YA novel novel about art, fandom, and finding the courage to be yourself.

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