



READING WELL ...BOOKS TO HELP YOU FEEL BETTER

LOOKING AFTER OUR MENTAL HEALTH AND WELL BEING IS REALLY IMPORTANT

The Reading Agency has donated a fantastic collection of around 100 “Reading Well” books to the Tottingham Library. These books are chosen and recommended by health experts, as well as people with lived experience of the conditions and topics covered.

“Reading Well” supports Adults, Children and Young People to understand and manage their **Mental Health and Well Being.**

These books are available for everyone to borrow including the general public, health and social care professionals, link workers, teachers, parents, carers and anyone else needing support or offering support to others.

They cover a wide range of topics including: anxiety; worries; eating disorders; sleep issues; bereavement; grief; depression; dealing with emotions; disability; ADHD; anger management; OCD; bullying; self-esteem; mindfulness; phobias and much much more.



AVAILABLE NOW

Adult Books, Picture Books, Junior Books and Teenage Books

The whole collection is currently on display at Tottingham Library