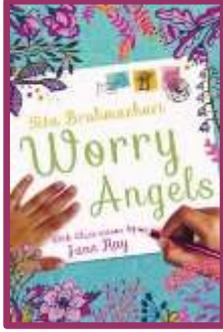
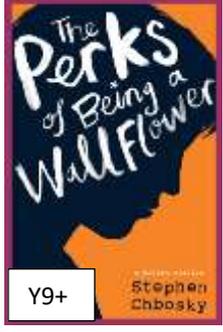
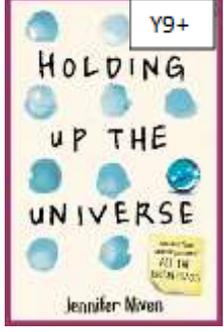
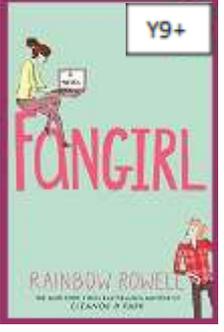
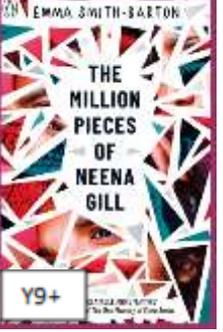
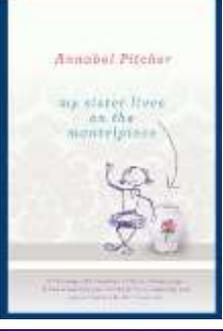
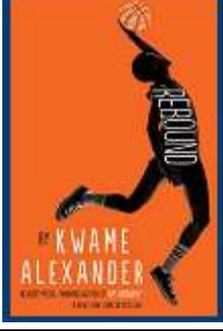
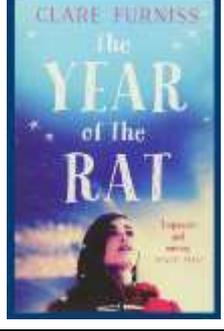
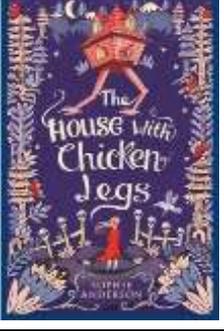
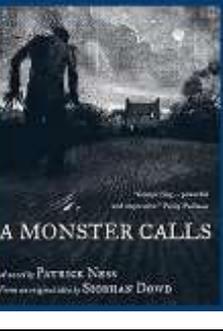
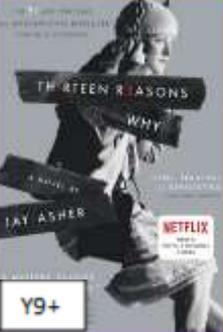
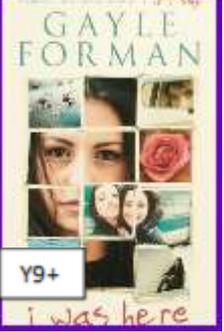
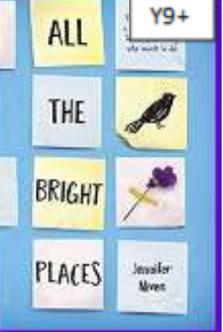
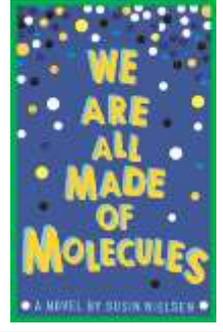
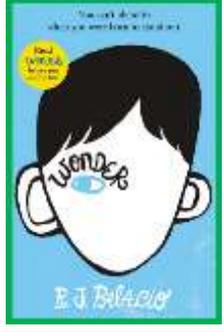
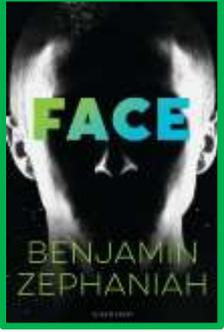
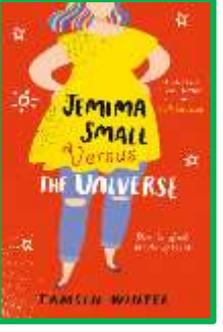


Bibliotherapy - Reading for Mental Health and Well-being

All these books explore mental health and well-being and are available as eBooks.
Most books are quizzable with Accelerated Reader. The Y9+ age rating is advisory.

Remember, it's ok not to be ok.

Anxiety					
Grief					
Depression					
Bullying					
OCD			