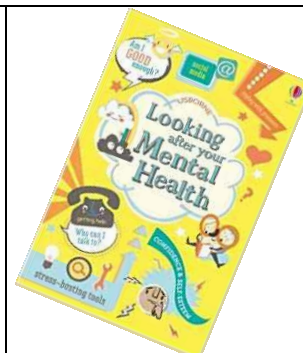


Looking After Your Mental Health , by Alice James, Louie Stowell, et al

Published by Usborne
Cost: £5.99



We talk about our physical health - but not so much about how we're feeling. With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to divorce, depression and eating disorders, gender dysphoria and homosexuality, this is an essential book for young people. This book empowers youngsters with honest advice about ways of looking after their mental health in a fast-moving world.