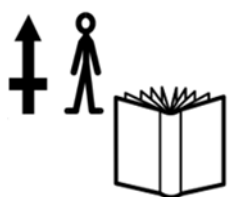


Inspire Libraries: Health and wellbeing for young people



This easy read tells you about how Inspire Libraries can help young people to be happier and healthier.

What if I need help?



If you are a young person and need help, please talk to a loved one or:

CAMHS 

- CAMHS crisis line: 0115 8440560

NHS

- Nottinghamshire Healthcare Trust Crisis Team: 0808 196 3779

ChildLine
0800 1111 

- Childline: 0800 1111



If you are injured and need help straight away, call 999.

Wellbeing websites



Here are some websites where young people can learn more about wellbeing.



- [Mental health for children, teenagers and young adults – NHS](#)



- [NottAlone](#) – Nottinghamshire's online hub for young people's mental health.

Reading Well



You can get books suggested for you that can help you take care of your health and wellbeing.



The books have information for people who have different problems with their body or mental health.



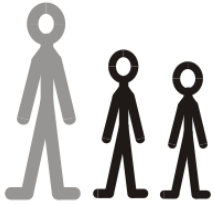
The books have advice for family, friends and carers too.



There are 5 different lists of suggested books, including lists of books especially for children and young people:



[Reading Well for Teens](#)



Reading Well for Children



Reading Well for Families



You might be suggested a book by a doctor or other person who works in health care.



Or you can visit your local library and choose a book yourself.



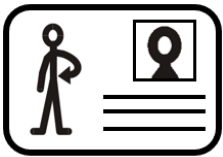
You will need to be a library member to borrow a book.



Becoming a library member is easy and free.



[You can join the library online](#) or by join at your local library.



You will need one form of ID that shows your name and where you live.



You can borrow books for up to 3 weeks.



You can renew books 4 times, if no one else has asked to borrow them.



You can [renew your book online](#) or by calling Ask Inspire on 01623 677 200



If the book you read does not help, you should talk to your GP or another healthcare person.



There is a lot of evidence that reading can make you healthier, happier and calmer.



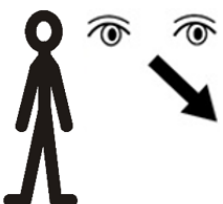
The Reading Agency does yearly checks of the Reading Well scheme.



These checks show the good effects the scheme has on the people who use it.



The books have been picked by doctors using guides from NICE (National Institute for Health and Care Excellence).



They have also been tested by people who have the health problems the books are about.

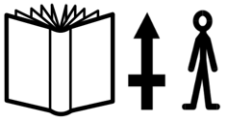


Reading Well is supported by a lot of groups of healthcare workers. This includes Public Health England, NHS England, and The Royal College of GPs.



[You can see all the groups who support the Reading Well Scheme.](#)

Reading Well for Teens



Reading Well for Teens is a list of books chosen by experts for 13-18 year olds.



There are books about:



- Neurodiversity (Autism, ADHD, Dyslexia)



- Anxiety



- Sexuality



These books have information that you can trust.



Look for the Reading Well for Teens books in your local library.



Or ask a member of library staff about them and they will be happy to help.

Books for people with Dyslexia



We have [Dyslexia Friendly](#) books for children, young adults, and adults with dyslexia.

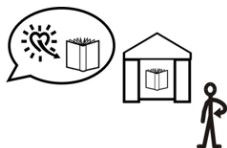
Other books for Young Adults



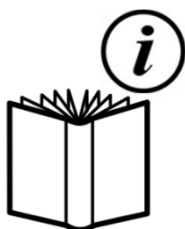
Our libraries have many Young Adult books.



If you're looking for a particular book, you can find it in our [online catalogue](#).

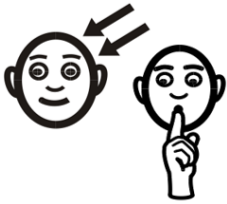


You can reserve the book and pick it up from your local library.



There are non-fiction books too, with mindful crafts, wellbeing tips and more.

Studying at the library



You can study in peace at our libraries.



[You can find your local library here.](#)



Bring your laptop, headphones and textbook.



You can pick a cosy spot and study all day.



Some of our libraries have tea and coffee.



If you bring your library card, you can use the free Wi-Fi.

Links in this document

NHS mental health information for young people

nhs.uk/mental-health/children-and-young-adults/

NottAlone

nottalone.org.uk/?a=tp

Reading Well for Teens

reading-well.org.uk/books/books-on-prescription/young-people-mental-health

Reading Well for Children

inspireculture.org.uk/reading-information/childrens-library/reading-well-children/

Reading Well for Families

readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/

Join the library

nottslibraries.inspireculture.org.uk/protected/join-the-library

Renew your book online

inspireculture.org.uk/reading-information/renew/

Organisations who support Reading Well

reading-well.org.uk/about

Dyslexia friendly books

inspireculture.org.uk/reading-information/reading-recommendations/health-wellbeing-books/dyslexia-friendly-books/

Online catalogue

inspireculture.org.uk/reading-information/search-reserve-and-renew/

Find your local library

inspireculture.org.uk/reading-information/find-a-library/

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