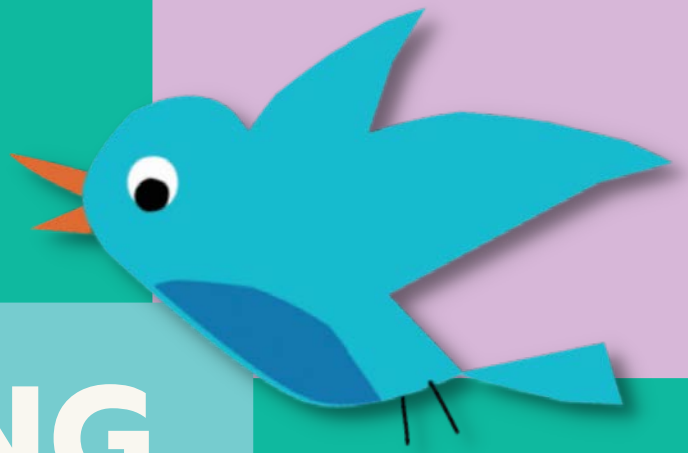


---

# HEALTH AND WELLBEING RESOURCES FOR YOUNG PEOPLE



---

**EVERY  
CHILD A  
LIBRARY  
MEMBER**



**Shetland**  
Library

# FIND IT IN THE LIBRARY

## What is a Dewey number?

The Dewey Decimal System is a way to put books in order by subject.

When you search the library catalogue (online) for a non-fiction book, it will give you the Dewey number.

You can find the numbers on the edge of the books, and they are in order.

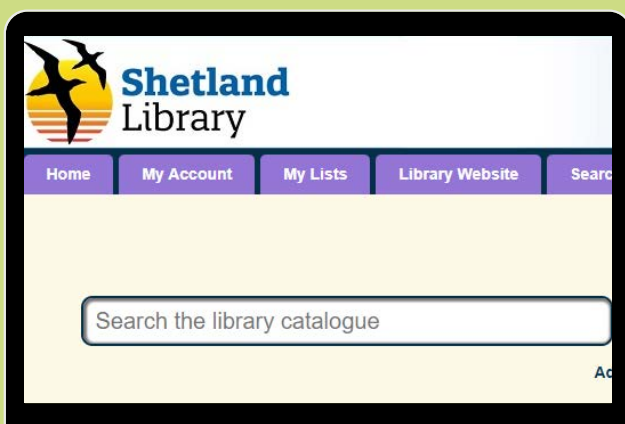
You can search and reserve books by logging into your account. This works on a computer and phones.

## Project Boxes

We have lots of project boxes in the library which are for younger children on themes.

We have boxes on

- Courtesy (manners)
- Doctors and Hospitals
- Internet Safety
- Dentists and Teeth...and lots more!



You can search all our books using a computer or phone and going to our website.

# HEALTH TOPICS

websites+ resources  
for parents & carers

## DEWEY 616.2

### ASTHMA

BOOKS ABOUT: asthma at 616.2

- Asthma & Allergy Foundation Scotland  
[asthmaandallergy.org.uk](http://asthmaandallergy.org.uk)
- Asthma & Lung UK Charity  
[asthma.org.uk](http://asthma.org.uk)

## DEWEY 616.858

### AUTISM

BOOKS ABOUT: autism at 616.858

Browse advice and guidance to find a wide range of information about autism – from what autism is, to diagnosis, to socialising and relationships.

- National Autistic Society  
[autism.org.uk](http://autism.org.uk)

## DEWEY 616.8

### DYSLEXIA

BOOKS ABOUT: dyslexia at 616.8

Search: 'Barrington Stoke' in our Library catalogue for dyslexic friendly fiction for different ages

- Dyslexia Scotland Online -  
[dyslexiascotland.org.uk](http://dyslexiascotland.org.uk)

We have different colour overlays you can use, just ask a member of staff



## DEWEY 155.93

### BEREAVEMENT

BOOKS ABOUT: bereavement at 155.93

Look at our Bereavement project box in the library

- [childbereavementuk.org](http://childbereavementuk.org)

## DEWEY 616.994

### CANCER

BOOKS ABOUT: cancer at 616.994

Online Resources for families:

- [\\_childrenwithcancer.org.uk](http://childrenwithcancer.org.uk)
- [cancerresearchuk.org](http://cancerresearchuk.org)



# HEALTH TOPICS

websites+ resources  
for young people, parents & carers

## Healthy Shetland

[healthyshetland.com](http://healthyshetland.com)

### HEALTHY SHETLAND

The health improvement team work with individuals, families, communities, businesses, voluntary organisations and Government (local and national) to make Shetland a healthier place to live and work.

DEWEY 616.462

### DIABETIES

BOOKS ABOUT: diabetes at 616.462

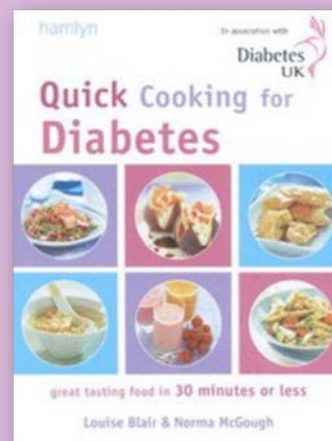
Online Resources for families:

- [diabetes.org.uk](http://diabetes.org.uk)
- [nhsinform.scot](http://nhsinform.scot)

### DIABETIES

Why not look for cookbooks in adult & children's non-fiction

641.563



DEWEY 612

### PUBERTY

BOOKS ABOUT: puberty, growing up and changes at 612

DEWEY 616.89

### MENTAL HEALTH AND WELLBEING

BOOKS ABOUT: wellbeing at 616.89

Search 'mental health' 'emotions' 'feelings' or 'resilience' in our library catalogue and apply 'Junior non-fiction' into the filter

- see next page for resources



# ONLINE RESOURCES FOR MENTAL HEALTH

websites+ resources  
for young people, parents &  
carers

## CHILL PANDA

Website link to, 'Chill panda', which helps children and their parents and carers understand different emotions, and introduces skills to help regulate these, including breathing techniques and calming games.

[chillpanda.co.uk](http://chillpanda.co.uk)



## MOOD BOOSTERS

Fun curriculum-linked resources to inspire children to get moving for mental health and wellbeing

[bbc.co.uk/teach/moodboosters](http://bbc.co.uk/teach/moodboosters)



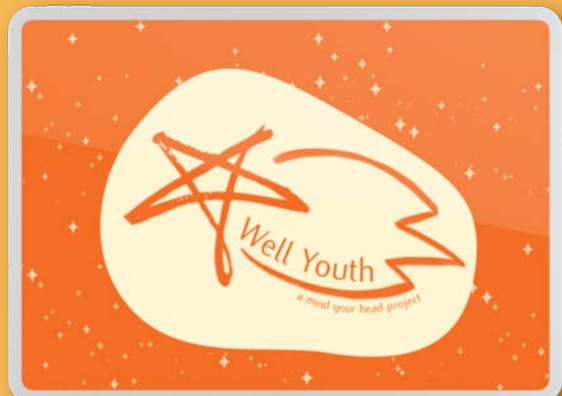
## MIND YOUR HEAD

Well Youth is a new service offering the following free sessions:

One-to-one support sessions for those aged 10-25 years

Walk-in sessions for those aged 12-25 years

Email:  
[mindyourhead@shetland.org](mailto:mindyourhead@shetland.org)  
Telephone: +44 (0) 1595 745035



# BEREAVEMENT SUPPORT

websites+ resources  
for young people, parents &  
carers

Please ask staff to help you find books

Children and young people grieve just as much as adults but they show it in different ways. They learn how to grieve by copying the responses of the adults around them, and rely on adults to provide them with the support they need in their grief.

Further guidance that may be helpful:

Telling a child that someone has died  
Remembering someone who has died  
Building resilience in bereaved young people  
Should I be worried about my bereaved teenager?  
Supporting a bereaved autistic child  
Parenting bereaved children  
When a parent has died  
When a twin sibling has died – supporting your child  
Stepparenting where a biological parent has died



visit [childbereavementuk.org](http://childbereavementuk.org) to find out more.

Shetland Bereavement Support Service aims to support anyone in Shetland experiencing a bereavement – that includes children and young adults. SBSS has support workers who have received specialist training in supporting bereaved children and young adults.

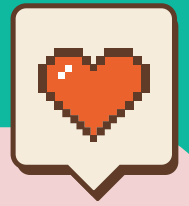
If you feel your child would benefit from accessing our service, please make a self referral.



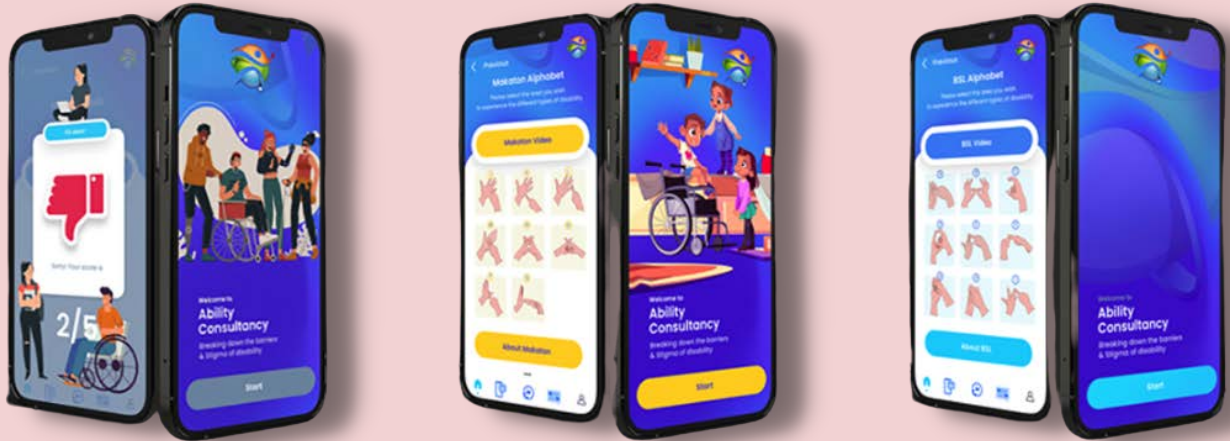
sbss@shetland.org  
tel: 01595 743933

[shetlandbereavementsupportservice.com](http://shetlandbereavementsupportservice.com)

# ABILITY DIGITAL APP



Breaking down the barriers and stigma of disability



## Teaching Children About Disabilities

It's never too early to start teaching children about differences among their peers. With infants and toddlers, Scott recommended using picture books that include representations of people who look different and similar to them.

"Children as young as 1½ or 2 will verbalize that they see a physical difference in another child," Scott said. "We need to follow the curiosity. We need to not shame that and instead help make sense of it, normalize it, and talk about what is the same between them and the person they're observing for the first time."

Some differences may be invisible to children, so explaining developmental and learning disabilities can help children understand various types of ability. These discussions can include the autism spectrum, dyslexia, dysgraphia, and attention deficit (hyperactivity) disorder and should also mention the strengths of children with these diagnoses.

# HELLO JOURNAL



Mental health journaling offers a safe space to express feelings, difficult emotions, ideas and thoughts which may be difficult to share out loud. It's up to the writer whether they want to keep it private or to share it.

A mental health journal is anything you want it to be. You can call it what you like – a journal, a wellness journal, a mental health journal.

If your child finds it difficult to communicate about thoughts and feelings externally, a journal can be a trusted, unconditional tool that gives no judgment.

You don't have to be dealing with mental health issues or have a diagnosed mental illness in order to journal.

Visit [actionforchildren.org.uk](https://www.actionforchildren.org.uk) to find Journaling/Writing activities to improve your mental and emotional wellbeing.  
Search: Can't Talk, Write

**Can't Talk,  
Write**





# HOW DO I MAINTAIN POSITIVE HEALTH?

Here's some practical tips and advice  
\*with a little extra information ahead

1

Talk about your feelings\*



2

Be active



Sports Books from  
Dewey number 796

3

Eat well



Cookbooks  
Dewey number 641.5

4

Get into Nature\*



Grow or pick food  
Bring nature indoors  
Help the environment  
Take notice of nature  
Connect with animals  
Borrow a nature backpack\*

5 Keep in touch



6 Ask for help



7 Take a break



8 Do something you're good at



9 Accept who you are\*



10 Care for others



# TALK ABOUT YOUR FEELINGS



Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.



Talking about your feelings isn't a sign of weakness; it's part of taking charge of your wellbeing and doing what you can to stay healthy. Talking can be a way to cope with a problem you've been carrying around in your head for a while. Feeling listened to can help you feel more supported. And it works both ways. If you open up, it might encourage others to do the same.

# GET INTO NATURE



Visit [www.mind.org.uk](http://www.mind.org.uk) for ideas for using nature to support mental health and wellbeing



Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects

Being outside in natural light can be helpful if you experience seasonal affective disorder (SAD), a type of depression that affects people during particular seasons or times of year. .

The library has a daylight lamp that can be used while in the building. Ask a member of staff for more information!

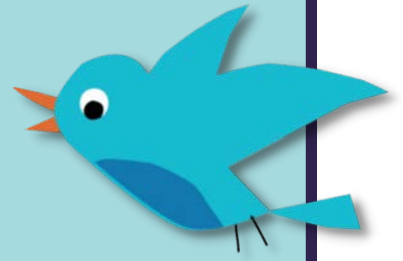
Did you know you can borrow a nature backpack from the library?

The purpose of the backpacks are to encourage families to get out and enjoy nature. Along with the fantastic equipment, we have included lots of information and ideas to get you started. There is even a nature journal you can use to fill in your thoughts and observations.

Nature Activities for Kids | The RSPB  
[rspb.org.uk/fun-and-learning](http://rspb.org.uk/fun-and-learning)



# KEEPING SAFE ONLINE



## Look for Internet Safety and Pants Project Boxes in Library



The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.  
[thinkuknow.co.uk](http://thinkuknow.co.uk)



## NSPCC

[NSPCC Childline website](http://NSPCC Childline website) has support and advice about online and mobile safety, like:

How to stay safe online

Privacy settings and how to set them up

How to feel good on social media

Online grooming and what to do if you're worried

Advice about sexting, porn, gaming and more.

Talk PANTS is all about having important conversations with children to help keep them safe from sexual abuse – with the help of Pantosaurus, of course!



Scan me to watch the  
Pantosaurus song!

# FAMILIES



## Bookbug

Bookbug FREE song and story sessions for under 5's every week at the Library (and other locations)

Bookbug is the government's book gifting programme for the under fives. Shetland Library, in partnership with NHS Shetland, provides four stages of packs to encourage a love of books and reading.

- Contact [Shetland Library](#)



## henry

The Healthy Families: Right from the Start programme is an 8 week programme to support parents and carers with children between 0-5years to provide a healthier, happier start in life.

The programme can be delivered in groups (online or in-person) or on a one-to-one basis.

- Contact: [Shetland Family Centre](#) or the [Healthy Shetland Team](#)

## Shetland Family Centre

The Shetland Family Centre is based at Burgh Road, Lerwick and provides a wide range of services using a multi-agency approach. Our aims are to provide family centered support by;

Supporting families in all aspects of parenting  
Working closely with other agencies and in partnership with parents  
Promoting early intervention  
Promoting play

- Contact: [shetlandfamilycentre@shetland.gov.uk](mailto:shetlandfamilycentre@shetland.gov.uk) or phone on 01595 745400



## Anchor for Families Team

Help to make sure your family is receiving all the financial support and benefits you are entitled to; speaking with housing or other services on your behalf; helping you communicate with the school or talking through relationship issues.

Anchor provide practical help, like food parcels and clothing, as well as a friendly ear, ready to listen and chat about anything that is bothering you.

- Contact: [anchor@shetland.gov.uk](mailto:anchor@shetland.gov.uk) or phone 01595 745246

# READING WELL



Reading Well for children provides quality-assured information, stories and advice to support children's mental health and wellbeing.

Books have been chosen and recommended by leading health professionals and co-produced with children and families.

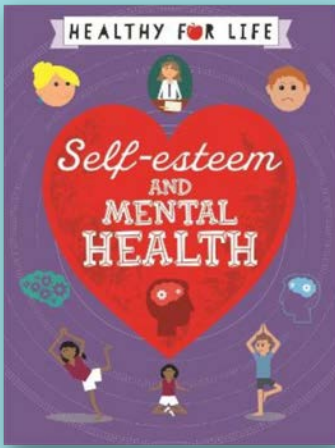
The booklist is targeted at children in Key Stage 2 (aged 7-11), but includes titles aimed at a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers.

All these books are available to borrow from the library

More READING WELL booklists for all ages at:

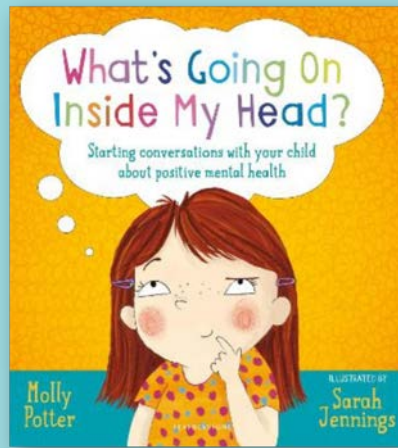
[reading-well.org.uk](https://www.reading-well.org.uk)

# Healthy minds



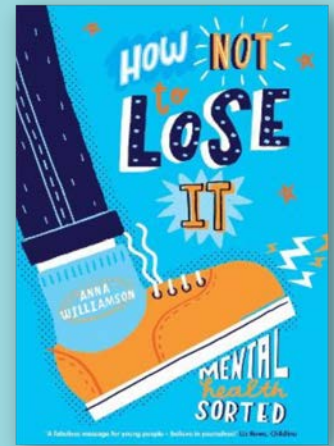
Healthy for Life: Self-esteem and Mental Health

Anna Claybourne



What's Going On Inside My Head?

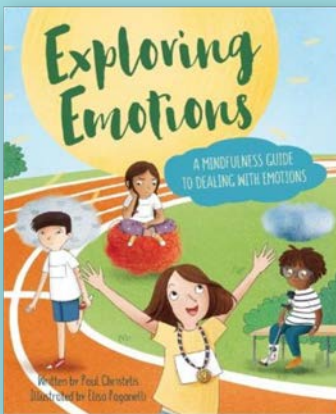
Molly Potter, Sarah Jennings



How Not to Lose It: Mental Health - Sorted

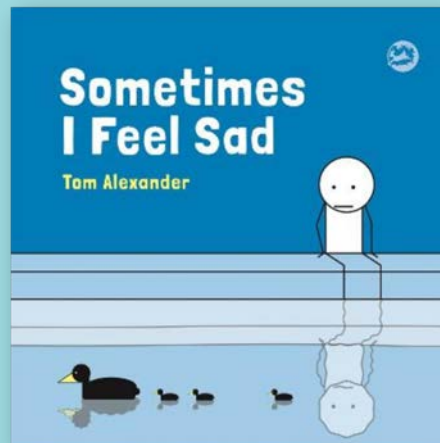
Anna Williamson, Sophie Beer

# Feelings



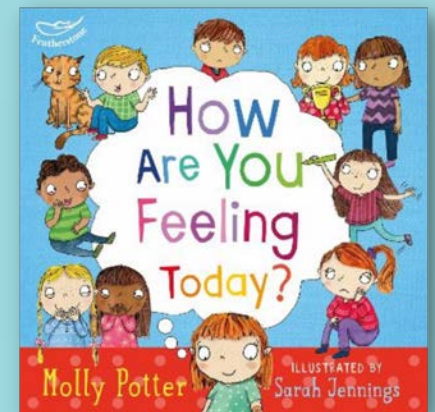
Mindful Me: Exploring Emotions: A Mindfulness Guide to Dealing with Emotions

Paul Christelis, Elisa Paganelli



Sometimes I Feel Sad

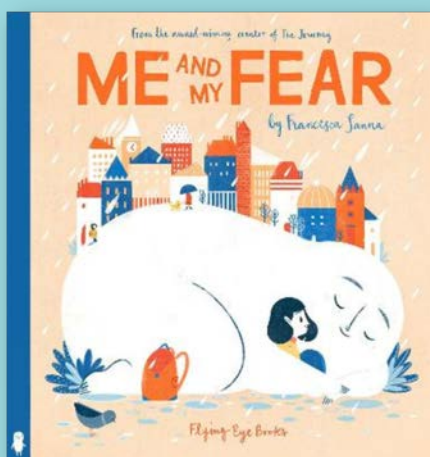
Tom Alexander



How are you feeling today?

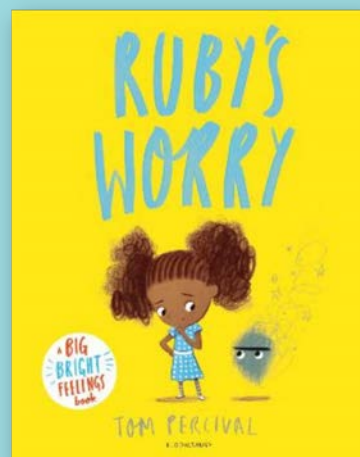
Molly Potter

# Worries



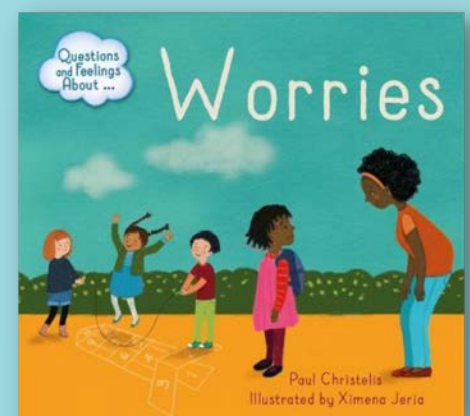
Me and My Fear

Francesca Sanna



Ruby's Worry

Tom Percival,

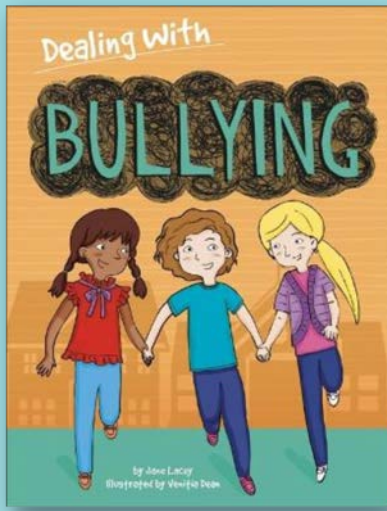


Questions and Feelings About: Worries

Ximena Jeria, Paul Christelis

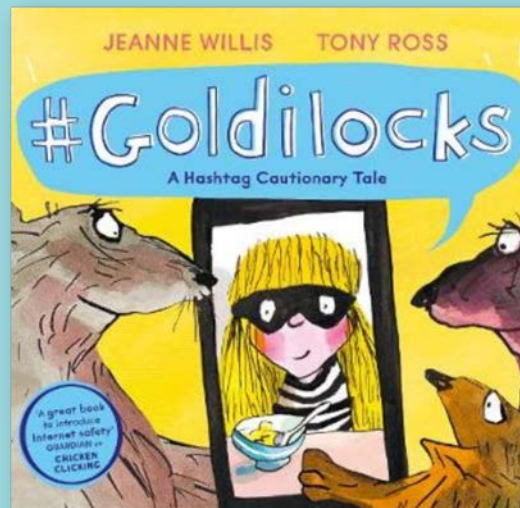


# The world around you



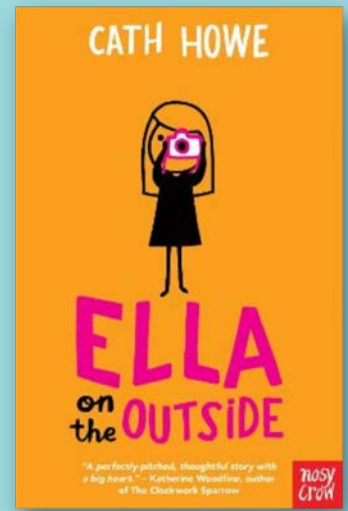
Dealing With...: Bullying

Jane Lacey, Venitia Dean



#Goldilocks

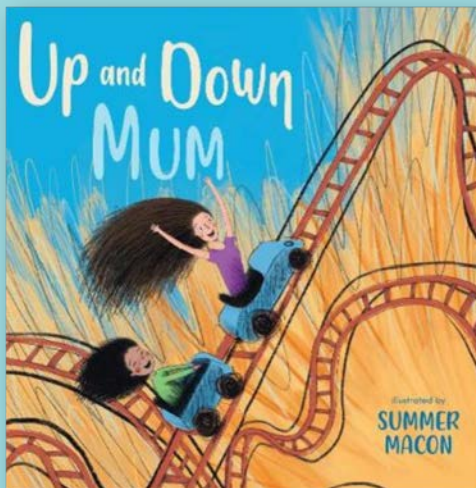
Jeanne Willis, Tony Ross



Ella on the Outside

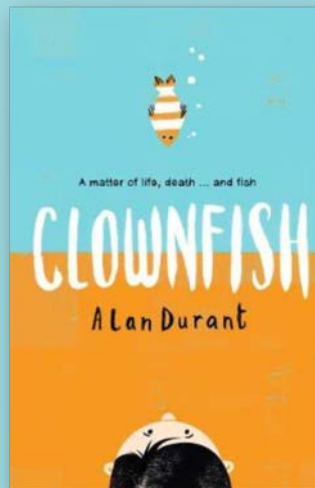
Cath Howe

# Dealing with tough times



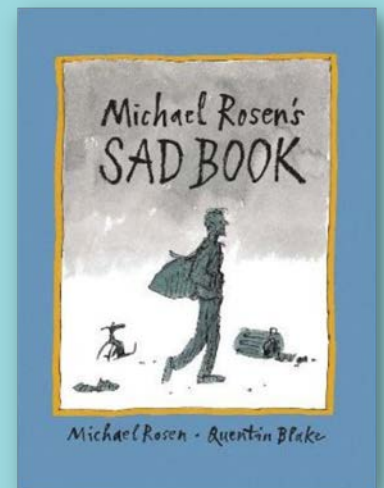
Up and Down Mum

Child's Play, Summer Macon



Clownfish

Alan Durant, Helen Crawford-White



Michael Rosen's Sad Book

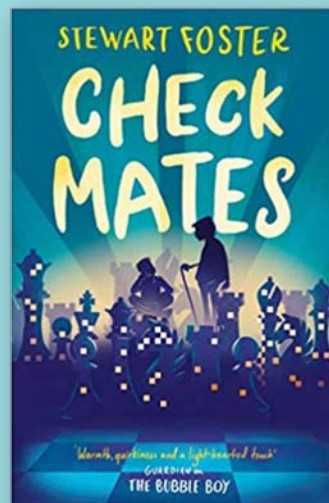
Michael Rosen, Quentin Blake

# When you have a condition



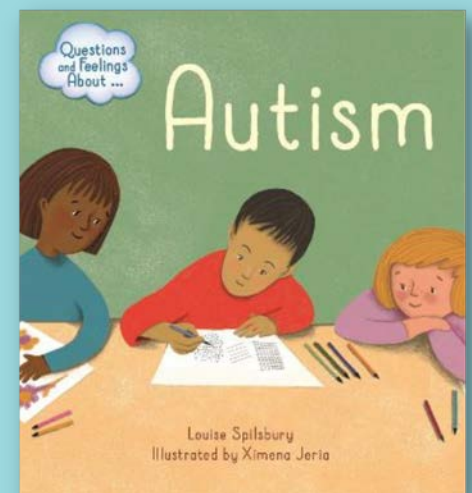
The Illustrated Guide to Dyslexia and Its Amazing People

Kate Power, Kathy Iwanczak Forsyth, Richard Rogers



Check Mates

Stewart Foster



Questions and Feelings About: Autism

Louise Spilsbury