

What is Reading Well?

Reading Well is a national scheme supporting people to understand and manage their health and wellbeing using **helpful reading**. The books on our reading lists can be recommended by a health professional and taken free of charge from a local library, or users can self-refer and borrow the titles as they would any other library book.

The books are all [chosen and recommended by health experts](#), as well as by people with lived experience of the conditions and topics covered and their relatives and carers. **There are five booklists available that are targeted at different age groups:**

- [Reading Well for mental health](#)
- [Reading Well for long term conditions](#)
- [Reading Well for dementia](#)
- [Reading Well for children](#) (primary schools)
- [Reading Well for teens](#) (secondary schools)

Reading Well is run by The Reading Agency in partnership with Libraries Connected as a key strand of the public library [Universal Health Offer](#).

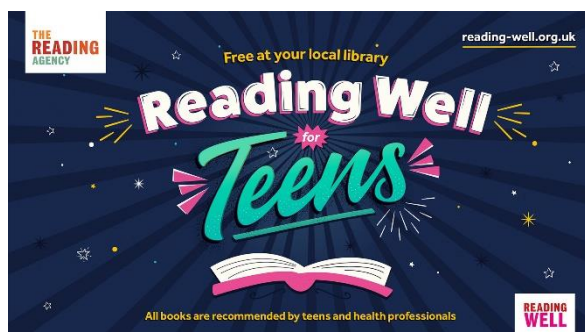


Supporting children and young people's wellbeing



Reading Well for children and **Reading Well for teens** aim to support good mental health and wellbeing, with titles dealing with specific conditions like anxiety and depression as well as difficult experiences including bullying, exam stress and bereavement.

The schemes were co-produced with children, teenagers and families to decide which topics the collections would cover and select the books on the lists.



Reading Well has been supported by the public as well as by GPs, mental health professionals and government ministers as a helpful community-based health service. It has also delivered significant benefit; in a recent survey, **100%** of young people would recommend their Reading Well book for support with dealing with difficult feelings and experiences.



"It goes straight to the point. It covers consent and body image. It encourages you to recognise when it's time to take a break from social media."



"I felt a bit sad when I read this book, as Ruby has a worry that won't go away. In the end though she works out how to make it go away. I understand worries a bit more now."
Primary school pupil



"I don't think books replace formal counselling and help, but they can empower and help family conversations. I think books can be starting points for things that are difficult to discuss."

I often pick books with pictures as well as words because I think they accommodate different ways of understanding."

Dr Clare Etherington, GP
reading-well.org.uk



"As a person with autism I thought it was very relatable. I wish I had access to a book like this when I was 13. It has information at the end about what autism is and how you can help someone with autism. Not cluttered with words...I love the illustrations. They are really cool!"

Further detail on the findings of external evaluations and our case studies are [available on the Reading Well website](https://www.reading-well.org.uk).

How can I get involved?

If you want to use Reading Well books in your family, you can:

- [Go to the Reading Well website](https://www.reading-well.org.uk) to browse the booklists aimed at primary and secondary schools.
- Visit your local public library to borrow a collection books from the list, sign up for the [Summer Reading Challenge](#) or access other resources to support your family. You can also purchase books via your local bookshop or from [Hive.co.uk](https://hive.co.uk) to support The Reading Agency and local bookshops at no additional cost to you.
- Encourage your children to discuss thoughts and feelings from reading the books. They can also review them on our [Book Sorter](#) or [complete a survey](#).

Reading Well is supported by the Anna Freud Centre, Anxiety UK, British Association for Behavioural and Cognitive Psychotherapies (BABCP), British Heart Foundation, British Lung Foundation, British Psychological Society (BPS), Carers Trust, Carers UK, Health Education England, IBS Network, Mental Health First Aid England, Mental Health Foundation, Mind, National Association of Primary Care, NHS England (IAPT), OCD Action, Public Health England, Royal College of General Practitioners, Royal College of Nursing, Royal College of Paediatrics and Child Health, Royal College of Psychiatrists, Royal Society of Public Health, Self Management UK and Stroke Association.

The books

