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**Shropshire libraries** are pleased to promote the Reading Agencies' new **Reading Well for teens** booklist which launches nationally on World Mental Health Day. The selected titles support the mental health and wellbeing of teenagers, providing helpful information, advice and support to help them better understand their feelings, handle difficult experiences and boost confidence.

***Reading Well for teens*** is a list of books to help you understand your feelings, handle difficult experiences, and boost your confidence



**All the books have been chosen by young people, health professionals and library staff**

Bridgnorth, Library at the Lantern, Ludlow, Market Drayton, Oswestry, Shrewsbury and Whitchurch libraries will each hold a full set of the books. The titles are free to request from all other [Shropshire Libraries](#) and the majority of the titles are also available via the [e-library](#).