



Feeling low?

Worrying about stuff?

Feeling stressed?

We all feel like this sometimes....

For full details of Sorted!

Visit Sorted!

www.warwickshire.gov.uk/sorted

including:

- **booklist & brief descriptions of the books**
- **how to access the books from libraries & online**
- **the recommendation scheme**

Warwickshire County Council are pleased to announce the launch of '**Sorted! It's all about me**', a new service for adolescents, parents, carers and anyone working with young people.

Sorted! self-help books are there to

help young people get through & enjoy life

The books cover common problems & situations, such as parents separating, the loss of someone close, eating disorders, managing strong emotions such as anger and strengthening self-esteem.

Sorted! self-help books cover:

ADHD

Autism

Bullying

Eating disorders

Self-harm

Anger

Asperger's Syndrome

Depression

OCD

Stress

Anxiety

Bereavement

Divorce / separation

Self-esteem

Wellbeing

All of the books are available to borrow or requested online for collection from every Warwickshire Library and in selected pilot schools and colleges.

If you would like to receive posters or publicity, or would like me to visit your team for a 10 -15 minute briefing, please do get in touch:

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