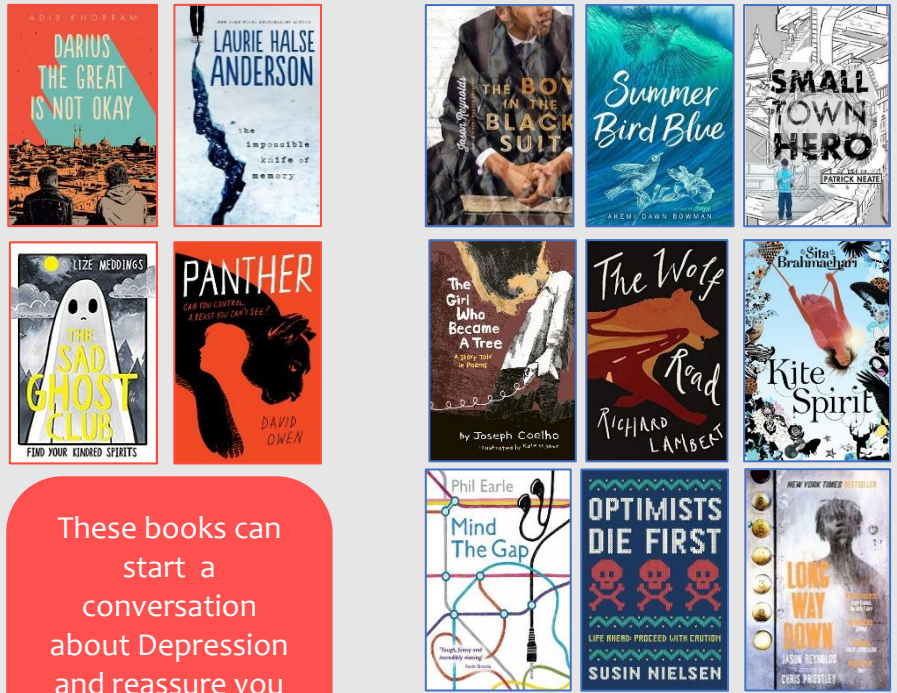




# Every Mind Matters

Navigate your way through a range of emotions:  
**EMPATHISE**  
**RELATE**  
**UNDERSTAND**  
Walk a mile in the shoes of these young people.



These books can start a conversation about Depression and reassure you that you are not alone in how you or someone you know feels.

These books may help understand our emotions when someone we know dies.

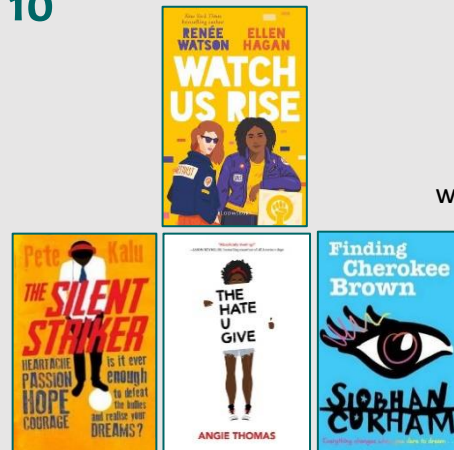


We all get angry, see how these teenagers managed their rage.

## Year 9 & 10



[www.readingjackdaw.co.uk](http://www.readingjackdaw.co.uk)



Anxiety controls these characters' lives and, as with many of us, they need some help. See what changed.

Watch these characters as they overcome bullies, prejudice, anger, abuse, anxiety and other hurdles. See them rise up, gain confidence and be what they are at last.