



# Every Mind Matters

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



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

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

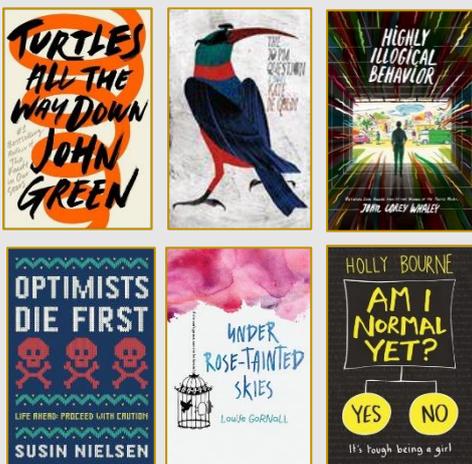
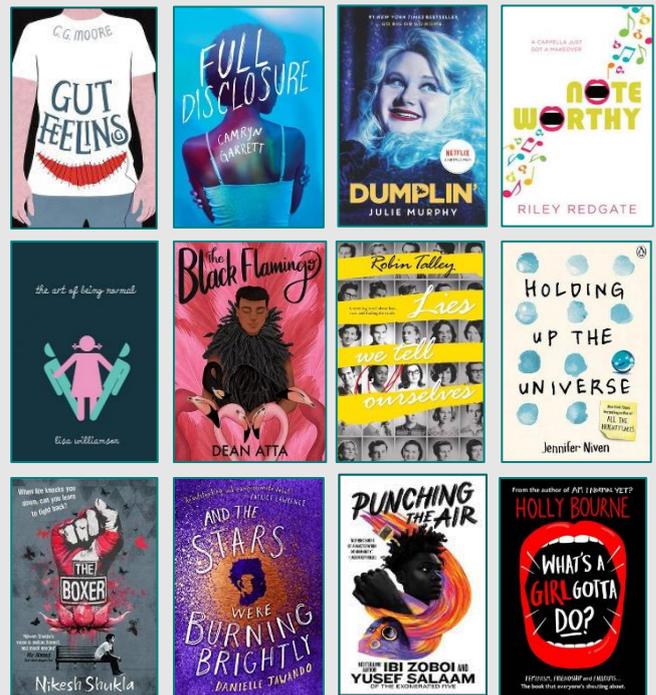


[www.readingjackdaw.co.uk](http://www.readingjackdaw.co.uk)



## 15 Yrs+

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



Anxiety impacts the lives of these characters and, as for many of us, they need help. See what changed.

Watch these characters as they overcome and confront bullies, prejudice, anger, abuse, anxiety, politics and themselves. See them rise up, gain confidence and proudly be what they are.