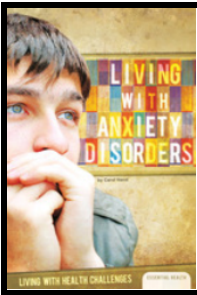
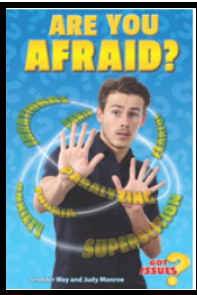
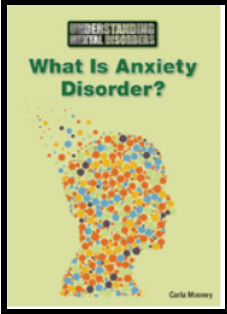


Health & Wellness E-Reading Selections

List compiled by Liz Fawcett, HS Library Media Specialist. Selections are based on recommendations from students and staff coupled with recommended reviews to support teen health and wellness for grades 6-12. Library Media Specialists will continually add resources to this list.

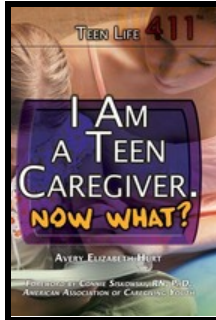
- Ebooks can be read in full text. [Click here for password access with your Scotia-Glenville Google account.](#)

Topic	Gale eBook <i>Ebooks can be read in full text from home simply by logging into a Scotia-Glenville School Google Account and clicking on the book image below.</i>
<i>Abusive Relationships</i>	
<i>ADD/ADHD</i>	
<i>Anxiety and Panic</i>	    
<i>Anger & Rage</i>	

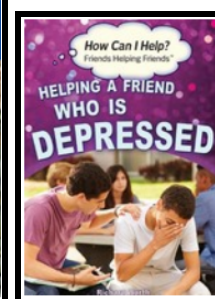
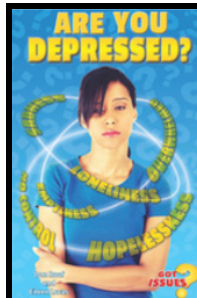
Bullying



Caregiving



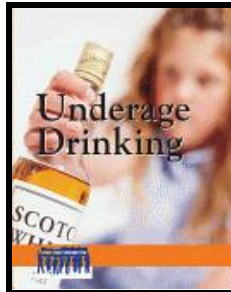
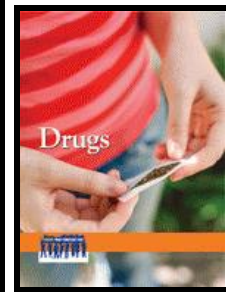
Depression



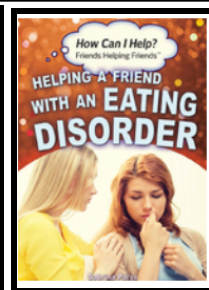
Divorce



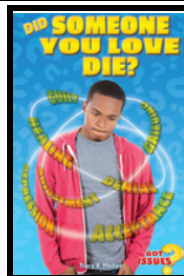
Drugs & Alcohol



Eating Disorders



Grief



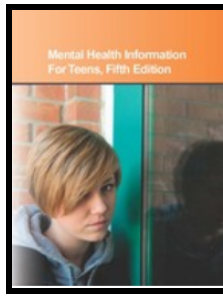
Homelessness



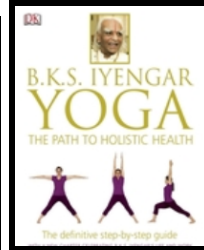
LGBTQ



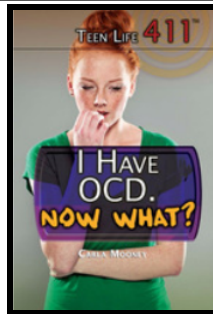
Mental Health (General)



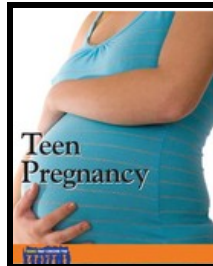
Mindfulness (Happiness, Meditation, Yoga)



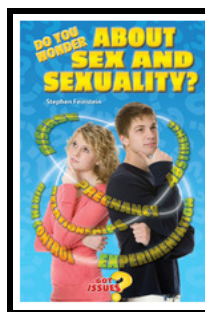
OCD

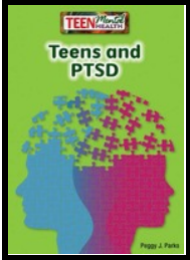
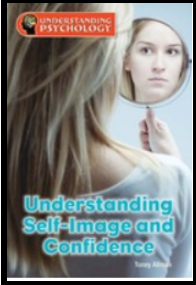
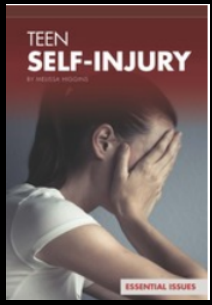
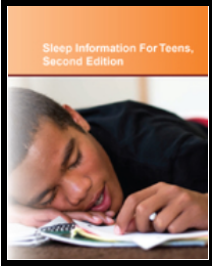


Pregnancy

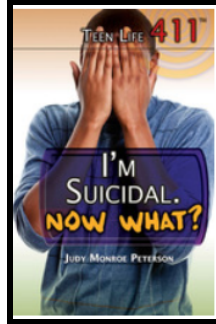
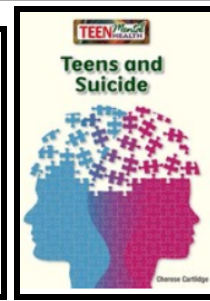
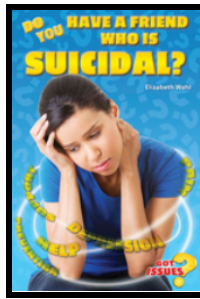


Reproduction

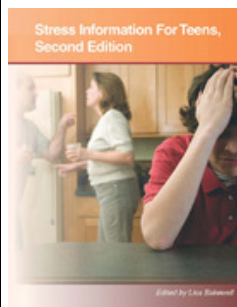
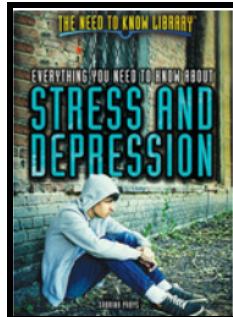
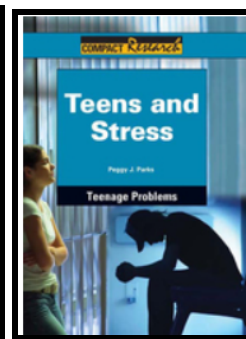
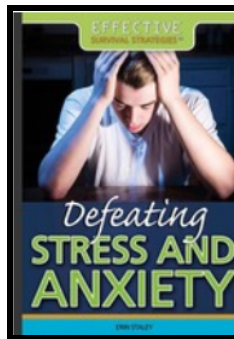
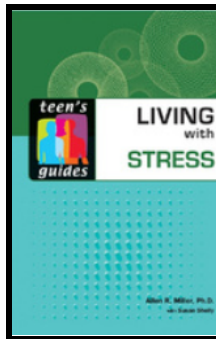
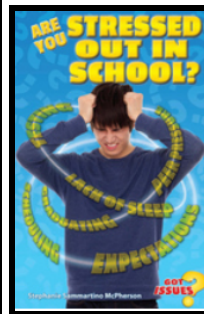
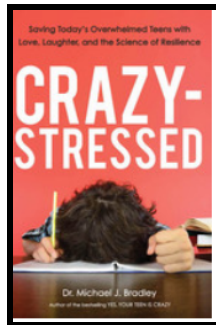


PTSD	 
Self-Esteem Self-Image Self-Confidence	
Self-Harm (Cutting)	
Sleep	
Socializing	 

Suicide Awareness & Prevention



Stress Management



Technology Impact on Mental Health
(Social Media, Gaming, Digital Addiction)



[Rosen Digital Teen Health and Wellness](#)

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