

SPOTLIGHT

Cameron's Collection

SUPPORTING TEEN MENTAL HEALTH & WELLNESS

One out of every four teens suffers from mental illness. Cameron Gallagher was one such teen. A bright and talented young girl battling depression and anxiety, Cameron's dream was to raise awareness and erase the stigma about the topic. At the tender age of 16, she suddenly passed away from an undiagnosed heart condition.

Recognizing the dire need for solutions to support our students' mental health and wellness, we curated Cameron's Collection with nearly 40 eBooks that provide targeted resources and guidance for students, teachers, and counselors – letting our students know that they are never, ever alone.



SUPPORTING TEENS WITH GALE EBOOKS ON GVRL

OFFER PRIVACY AND ANONYMITY

Students can access content related to sensitive teen issues from the privacy of the Gale eBooks on GVRL platform and their own device.

ENCOURAGE SOCIAL SHARING

Students can share articles with friends related to teen issues via a number of social sharing options including Twitter, Facebook, Tumblr, Pinterest, and others.

ACCESS ADDITIONAL RESOURCES

Many titles in the collection have chapters with suggestions regarding professional help: where to go and how to find additional information.

WIDE RANGE OF TOPICS

The titles in Cameron's Collection span a wide range of topics, including ADD, ADHD, alcohol, anorexia, anxiety, bulimia, caregiving, cutting, depression, divorce, drugs, eating disorders, homelessness, OCD, self-injury, stress, and suicide.

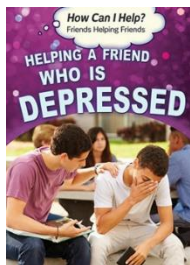
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COLLECTION INCLUDES



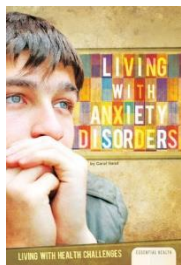
TEEN LIFE 411

Sidebars such as "Myths and Facts" immediately eliminate any misinformation and provide an accessible reading experience. Includes titles from the collection related to digital addiction, teen caregiving, homelessness, ADD/ADHD, OCD, suicide, and divorce. Grades 7-12.



HOW CAN I HELP?

Practical guides for readers who want to help someone who is struggling with serious problems. Topics from this series include bullying, depression, drug problems, alcohol problems, and eating disorders. Grades 7-12.



LIVING WITH HEALTH CHALLENGES

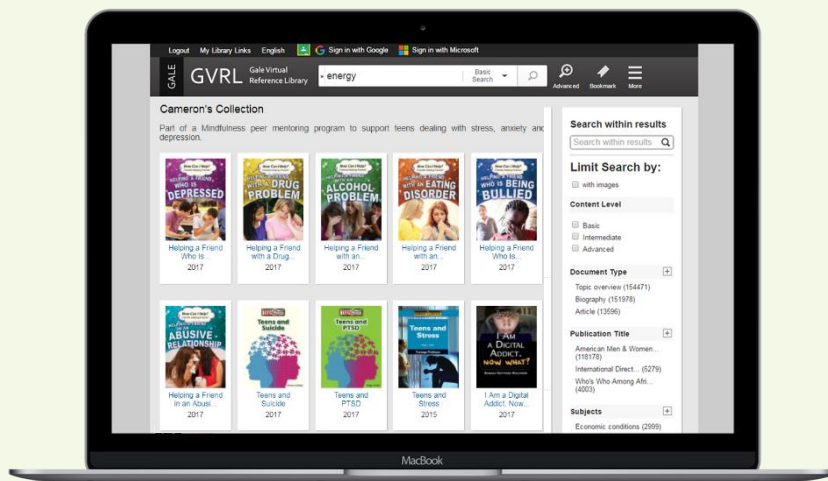
Each title is a comprehensive guide that examines important questions about these challenges. What are the causes and symptoms? What are the treatment options? What are some necessary lifestyle changes? Where can you go for help?



GOT ISSUES?

Presents essential information to help young people navigate this turbulent time in their lives. Each book gives background information, an analysis of the social and emotional impact of each topic, and advice on how to manage each situation.

WHAT'S INSIDE



ADDITIONAL SERIES TO SUPPORT TEEN HEALTH & WELLNESS:

Compact Research: Teen Well-Being – Grades 6-12

Dangerous Drugs – Grades 5+

Essential Issues – Grades 6-12

Teen Choices – Grades 6-12

Teen FAQ – Grades 6-9

SUPPORT FOR TEACHERS AND COUNSELORS

Gale partners with a number of publishers to provide authoritative content on topics such as school counseling, grief, and bullying. Round out your collection with Gale eBooks on GVRL, or for more support on the subject, take a look at our *Health & Wellness Resource Center*.



Nicole Albrecht, GVRL Sales Specialist

Nicole is a certified high school teacher from Michigan and has her master's degree in Curriculum & Instruction with a focus on Adolescent Literacy. As a former teacher, Nicole recognizes the importance of curating eBook collections that meet the needs of the school and its students. She loves reading and spending with her parrot, Turkey. Follow Nicole on Twitter @GVRLNicole.