



## Book List – Youth

Book Title	Author	Age Range
Childhood Development		
Ogilvy	Deborah Underwood, illustrated by T. L. McBeth	4 to 8
Children and Teens Who Have Parents With MH/SA		
An Elephant in the Living Room - The Children's Book	Jill M. Hastings, Marion H. Typo	9 to 12
Binky Bunny Wants to Know About Bipolar Disorder	Kathleen Boros	4 to 7
Finding My Way: A Teens Guide to Living with Parent Who Has Experienced Trauma	De Anne M. Sherman	12+
Helicopter Man	Elizabeth Fensham	11+
The Night Dad Went to Jail: What to Expect When Someone You Love Goes to Jail	Melissa Higgins	5 to 8
The Words Hurt: Helping Children Cope with Verbal Abuse	Christ Loftis	4 to 8
Wishing Wellness: A Workbook for Children of Parents With Mental Illness	Lisa Clarke	6 to 12

Addiction		
My Dad Loves Me, My Dad has a Disease: A Child's View, Living with Addiction	Claudia Black	5 to 12
The Queen Who Saved Herself: A Story to Help Children Understand Addiction	Fiona J. Purcell	5+
Bipolar Disorder		
The Bipolar Bear Family: When a Parent has Bipolar Disorder	Angela Holloway	5+
Domestic Violence		
When Mommy Got Hurt	Ilene Lee, Kathy Sylwester, Carol Deach	2 to 7
Parental Alcoholism		
Daddy's Disease (Helping Children Understand)	Carolyn Hannan Bell	5+
Emmy's Question	Jeannine Auth	9 to 12
I Can Be Me: A Helping Book for Children of Alcoholic Parents	Dianne O'Connor	4 to 12
I Know the World's Worst Secret: A Child's Book about Living With an Alcoholic Parent	Doris Sanfor, Graci Evans	5+
PTSD/Military Families		
Why is Dad so Mad?	Seth Kastle	4 to 8

## Schizophrenia

Mom and Me: My Journey with Mom's Schizophrenia

Alexandra Georgas

Older Teens

## Children and Teens Who Have Siblings with a Mental Health Condition

Living with a Brother or Sister with Special Needs: A Book for Sibs

Patricia F. Vadasy

3 to 8

The Sibling Slam Book: What It's Really Like to Have a Brother or Sister With Special Needs

Done Meyer,  
David Gallagher

12+

Views from Our Shoes: Growing Up with a Brother or Sister With Special Needs

Donald Joseph Meyer,  
Carry Pillo

9 to 15

## Disability

Wonder

R.J. Palacio

11 to 14

## Autism

Autism: What Does It Mean to Me? A Workbook Explaining Self Awareness and Life Lessons to the Child Or Youth with High Functioning Autism Or Aspergers

Catherine Faherty,  
Gary B. Mesibov

All Ages

Superflex Takes on Glassman and the Team of Unthinkables (comic book for ASD/autism)

Stephanie Madrigal,  
Michelle Garcia

5 to 10

You are a Social Detective

Michelle Garcia Winner,  
Pamela Crooke

5 to 10

## Tourette Syndrome

Tic Talk

Dylan Peters

7 to 10

## Emotions and Feelings

In My Heart: A Book of Feelings	Jo Witek	2 to 7
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## Connection

Dragons on the Inside and Other Big Feelings	Valerie Coulman	4 to 8
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The Creature of Habit	Jennifer E. Smith	3 to 7
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The World Needs More Purple People	Kristen Bell	3 to 7
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## Depression

A Spark in the Dark	Pam Fong	5 to 6
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Dark Cloud	Anna Lazowski	4 to 8
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## For Teens Who Struggle With Body Issues, Self-doubt, and Worry

I Would, but My Damn Mind Won't Let Me! A Teen's Guide to Controlling their Thoughts and Feelings	Jacqui Letran	12+
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## Manners and Etiquette

The Bad Seed	Jory John	4 to 8
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The Bad Seed Presents: The Good, the Bad, and the Spooky	Jory John	4 to 8
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The Big Cheese	Jory John	4 to 8
The Cool Bean	Jory John	4 to 8
The Good Egg	Jory John	4 to 8
The Good Egg Presents: The Great Eggscape	Jory John	4 to 8
The Smart Cookie	Jory John	4 to 8
The Sour Grape	Jory John	4 to 8
<b>Feelings, Self-Esteem, and Relaxation</b>		
Double-Dip Feelings	Barbara S. Cain	4 to 8
Eggbert the Slightly Cracked Egg	Tom Ross	4 to 8
Emotional Bingo for Children	Marjorie Mitli, LICSW, Illustrated by Joe Madden	6 to 18
Giraffes Can't Dance	Giles Andrae	4+
Grow Happy	Jon Lasser	4 to 8

My Different Days - A Story About Feelings	Community Care BH Org.	4 to 19
My Many Colored Days	Dr. Suess	2 to 5
My Quiet Ship	Hallee Adelman	3 to 7
Peaceful Piggy Meditation	Kerry Lee Maclean	4 to 8
Peaceful Piggy Yoga	Kerry Lee Maclean	4 to 8
The Can Do Duck	Ducktor Morty	3 to 12
The Little Red Ant and the Great Big Crumb: A Mexican Fable	Shirley Climo	4 to 7
The Way I Feel	Janan Cain	3+
Today I Feel Silly and Other Moods that Make My Day	Jamie Lee Curtis	4 to 8
What To Do When You Grumble Too Much	Dawn Heubner	8 to 12
<b>Foster Care</b>		
Maybe Days: A Book for Children in Foster Care	Jennifer Wilgocki	4 to 7

## Health and Daily Living, Media Consumption

The Couch Potato

Jory John

4 to 8

## Mental Health

Dear Allison: Explaining Mental Illness to Young Readers

Emma Northrup Flinn

8 to 11

Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges

Mental Health America

Teens and Young Adults

You are Not Alone - A SANE Guide to Mental Illness for Children

SANE Australia

Children

## ADD/ADHD

A Boy and a Bear: The Children's Relaxation Book

Lori Lite

3 to 10

Gordy the Rabbit has ADHD

Jessie Shepherd

4 to 8

Marvin's Monster Diary - ADHD Attacks!

Raun Melmad,  
Annette Sexton

7 to 11

## Anger and Impulse Control

I Was So Mad

Mercer Meyer

3 to 7

What to Do When Your Temper Flares

Dawn Heubner

8 to 12

What Were You Thinking? Learning to Control Your Impulses

Brian Smith,  
Lisa Griffen

3 to 7

When Sophie Gets Angry - Really, Really Angry

Molly Bang

4 to 8

## Anxiety, Worry, and OCD

David and the Worry Beast: Helping Children Cope With Anxiety	Anne Marie Guanci	4 to 9
Don't Feed the Worry Bug	Andi Green	4 to 10
Guts	Raina Telgemeier	8 to 13
The Lion Who Lost His Roar: A Story of Facing Your Fears	Marcia Shoshana Nass	4 to 8
The Panicosaurus: Managing Anxiety in Children Including Those with Asperger Syndrome	Kay Al-Ghani	6 to 11
The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive Compulsive Disorder	Jared Kant Martin Franklin	Teenagers 13+
Up and Down the Worry Hill	Aureen Pinto Wagner	7 to 10
What to Do When You Worry Too Much - A Kid's Guide to Overcoming Anxiety	Dawn Heubner	8 to 12
What to Do When your Brain Gets Stuck	Dawn Heubner	8 to 12
What to Do When You're Scared and Worried - A Guide for Kids	James Crist	8 to 12
What You Must Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder	Emily Ford, Michael Liebowitz	Teenagers 13+
Wilma Jean the Worry Machine	Julia Cook	5 to 8



Anxiety, Worry, OCD, and Recovery		
Every Last Word	Tamara Ireland Stone	13+
Depression		
A Spark in the Dark	Pam Fong	5 to 6
Dark Cloud	Anna Lazowski	4 to 8
The Princess and the Fog	Lloyd Jones	5 to 7
Depression and Bipolar Disorder		
Blueloon: A Picture Book About Managing Depression	Julia Cook	5 to 8
Brandon and the Bipolar Bear - A Story for Children With Bipolar Disorder	Tracy Anglada, Jennifer Taylor	4 to 12
Brianna and the Blue Monster: A Cognitive Behavioral Story for Children With Depression	Patience Domowski	4+
Eight Stories Up: An Adolescent Chooses Hope Over Suicide	Quincy Levine, David Brent	Teenagers 13+
Josh Wears a Red Cape: The Little Boy Who Beat The Bipolar Villain	Deborah Rose	5+
Meh	Deborah Malcolm	6 to 10

Michael Rosen's Sad Book	Michael Rosen	6+
Mind Race: A Firsthand Account of One Teenager's Experience With Bipolar Disorder	Patrick Jamieson	12 to 17
Monochrome Days: A First-Hand Account of One Teenager's Experience With Depression	Cait Irwin, Dwight L. Evans	Teenagers 13+
Sadly the Owl	Linnie von Sky	5 to 7
<b>Depression and CBT</b>		
The Hyena Who Lost Her Laugh	Jessica Lamb-Shapiro	4 to 8
<b>Depression and MCBT</b>		
The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress	John Teasedale, Mark Williams, Zindel Segal	Teens
<b>Eating Disorder</b>		
Next to Nothing: A Firsthand Account of One Teenager's Experience with and Eating Disorder	Carrie Arnold, B. Timothy Walsh	Teenagers 13+
<b>Recovering From Mental Illness</b>		
Finding Audrey	Sophie Kinsella	12+
<b>Schizophrenia</b>		
Me, Myself, and Them	Kurt Snyder, Raquel E. Gur	Teenagers 13+
Please Stop Smiling - A Story About Schizophrenia and Mental Illness for Children	Richard Carlson Jr.	7 to 11

## PTSD and Trauma (Including Separation, Sexual Abuse and Family Violence)

A Place for Starr: A Story of Hope for Children  
Experiencing Family Violence

Howard Schor

Preteens 9+

A Safe Place to Live: A Story for Children Who Have  
Experienced Domestic Violence

Michelle Harrison

9 to 12

A Terrible Thing Happened

Margaret M. Holmes

4 to 7

Brave Bart: A Story for Traumatized and Grieving Children

Caroline Sheppard

3 to 9

Kids Helping Kids Break the Silence of Sexual Assault

Linda Lee Foltz

9 to 12

Let's Talk about Taking Care of You: An Educational  
Book about Body Safety

Lori Stauffer,  
Esther Deblinger

2 to 6

My Body is Private

Linda Walvoord Girard

4 to 8

Please Tell! A Child's Story about Sexual Abuse

Jessie

4+

Strong at the Heart: How it Feels to Heal from Sexual Abuse

Carolyn Lehman

14+

The Invisible String

Patrice Karst

4 to 8

The Kissing Hand	Audrey Penn	3 to 8
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Vinny the Fox has PTSD	Jessie Shepherd	4 to 8
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Your Body Belongs to You	Cornelia Spelman	4 to 8
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## Grieving

The Brightest Star!	Kathleen Maresh Hemery	5 to 10
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## Nightmares

Tell Me Something Happy Before I Go to Sleep	Debi Gliori, Joyce Dunbar	2 to 5
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## Workbook/Game

All Feelings are OK - It's What You do with them that Counts	Lawrence E. Shapiro	4 to 10
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