

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. Typpo	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	Chris 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	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	Jennine 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
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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
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Superflex Takes on Glassman and the Team of Unthinkables (comic book for ASD/autism)	Stephanie Madrigal, Michelle Garcia	5 to 10
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You are a Social Detective	Michelle Garcia Winner, Pamela Crooke	5 to 10
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Tourette Syndrome

Tic Talk	Dylan Peters	7 to 10
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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
The Bad Seed Presents: The Good, the Bad, and the Spooky	Jory John	4 to 8
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

Feelings, Self-Esteem, and Relaxation

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 Andreae	4+

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
Feelings, Self-Esteem, Relaxation, and ADHD		
A Boy and a Bear: The Children's Relaxation Book	Lori Lite	3 to 10
Feelings, Self-Esteem, Relaxation, and Resiliency		
Grow Happy	Jon Lasser	4 to 8
Foster Care		
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+
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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

Depression and CBT		
The Hyena Who Lost Her Laugh	Jessica Lamb-Shapiro	4 to 8
Depression and MCBT		
The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress	John Teasedale, Mark Williams, Zindel Segal	Teens
Eating Disorder		
Next to Nothing: A Firsthand Account of One Teenager's Experience with and Eating Disorder	Carrie Arnold, B. Timothy Walsh	Teenagers 13+
Recovering From Mental Illness		
Finding Audrey	Sophie Kinsella	12+
Schizophrenia		
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
Vinny the Fox has PTSD	Jessie Shepherd	4 to 8
Your Body Belongs to You	Cornelia Spelman	4 to 8
Grieving		
The Brightest Star!	Kathleen Maresh Hemery	5 to 10
Nightmares		
Tell Me Something Happy Before I Go to Sleep	Debi Gliori, Joyce Dunbar	2 to 5
Workbook/Game		
All Feelings are OK - It's What You do with them that Counts	Lawrence E. Shapiro	4 to 10