Youth Book List

These titles address mental health, emotions, and related topics. Read them at home, in school, or in book clubs.

Pre-School & Elementary:

- "<u>Aaron Slater, Illustrator</u>," By Andrea Beaty, illustrated by David Roberts
 - o Dyslexia & coping
- "A Bird Will Soar," By Alison Green Myers
 - Anxiety, worry, & family stress
- "A Boy and a Bear: The Children's Relaxation Book," By Lori Lite
 - Wellness & relaxation
- "A Case of the Zaps," By Alex Boniello and April Lavalle, illustrated by James Kwan
 - Anxiety & worry
- "Beautifully Me," By Nabela Noor, illustrated by Nabi H. Ali
 - Body image
- "Cory Stories: A Kid's Book About Living With ADHD," By Jeanne Kraus, illustrated by Whitney Martin
 - o ADHD
- "<u>Dark Cloud</u>," By Anna Lazowski, illustrated by Penny Neville-Lee
 - o Anxiety, worry, & sadness
- "David and the Worry Beast: Helping Children Cope with Anxiety," By Anne Marie Guanci
 - Anxiety & worry
- "<u>Don't Feed the WorryBug,</u>" Written and illustrated by Andi Green
 - Anxiety & worry
- "Ellie on the Mat," By Danielle Marie Price, illustrated by Nana Gonzales
 - o Coping, mindfulness, & yoga
- "Grow Happy," By Jon Lasser
 - o Feelings & resilience

- "How Big Are Your Worries Little Bear?," By Jayneen Sanders, illustrated by Stephanie Fizer Coleman
 - Anxiety & worry
- "I Am Okay to Feel," By Kamaro Brown
 - Feelings & emotions
- "<u>Red: A Crayon's Story</u>," By Michael Hall
 - o Self-discovery & resilience
- "It's OK: Being Kind to Yourself When Things Feel Hard," By Wendy O'Leary
 - Emotions, self-compassion, & affirmations
- "The Bad Seed," By Jory John
 - o Feelings & resilience
- "The Calm Workbook: A Kid's Activity
 Book for Relaxation and Mindfulness," By

 Imagen Harrison
 - o Relaxation & mindfulness
- "<u>The Light She Feels Inside</u>," By Gwendolyn Wallace
 - o Feelings, community, & culture
- "The Sour Grape," By Jory John
 - o Feelings & resilience
- "The Sun Is So Quiet," By Nikki Giovanni, illustrated by Ashley Bryan

o Poems, nature, & inspiration

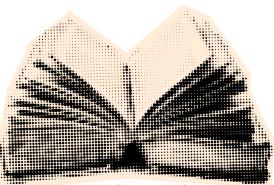
"<u>The Way I Feel</u>," By Janan Cain
 Feelings & resilience

"Why Do I Feel Like This?,"
 By Shinsuke Yoshitake

Feelings & resilience

Middle/Intermediate:

- "Before the Ever After," By Jacqueline Woodson
 - Coping & family
- "Being You: The Body Image Book for Boys," By Charlotte Markey and Daniel Hart and Douglas Zacher
 - Body image & self-esteem
- "Finding Perfect," By Elly Swartz
- "Fish in a Tree," By Lynda Mullaly Hun
 Self-acceptance, dyslexia, coping
- "Good Different," By Meg Eden Kuyatt
 Neurodivergence, emotions, & coping
- "Inside Out and Back Again," By Thanhha
 - o Immigration, grief & coping
- "Iveliz Explains it All," By Andrea Arango
 - Starting middle school, anxiety & depression
- "OCDaniel," By Wesley King
 OCD
- "Quiet Girl In A Noisy World: An Introvert's Story," By Debbie Tung
 - Self-acceptance & coping
- "Stuff That's Loud a Teen's Guide to <u>Unspiraling When OCD Gets Noisy</u>," By Ben Sedley
 - o OCD
- "This Book Is a Safe Space: Cute Doodles and Therapy Strategies to Support Self-Love and Wellbeing," By Amy Tran
 - o Coping & self-love
- "The Science of Breakable Things," By Tae Keller
 - o Depression, resilience, & coping
- "You Are Enough! Your Guide to Body Image and Eating Disorder Recovery," By Jen Petro-Roy
 - o Eating disorders & body image



High School:

- "Ab(solutely) Normal: Short Stories That Smash Mental Health Stereotypes," By Nora Shalaway and Rocky Callen (Editors)
 - o Mental health conditions & healing
- "<u>Challenger Deep</u>," By Neal Shusterman
 - Mental health conditions
- "<u>Darius the Great Is Not Okay</u>," By Adib Khorram
 - o Depression
- "[Don't] Call Me Crazy," By Kelly Jensen
 - Mental health conditions, stigma, & myths
- "<u>Hearts Unbroken</u>," By Cynthia Leitich Smith
 - o Social challenges, bullying, & race
- "Hold Still," By Nina LaCour
 - o Suicide, depression, & grief
- "Home Home," By Lisa Allen-Agostini
 - o Immigration, depression, coping
- "How It Feels to Float," By Helena Fox
 - Grief, inter-generational mental illness, & loss
- "It's Not OK To Feel Blue (And Other Lies),"
 By Scarlett Curtis
 - Mental health conditions, stigma, & myths
- "Killing the Wittigo: Indigenous Culture-Based Approaches to Waking Up, Taking Action, and Doing the Work of Healing,"
 By Suzanne Methot
 - Intergenerational trauma & Indigenous healing
- "Restrict: A Poetic Narrative," By SolRivera
 Eating disorders
- "The Racial Trauma Handbook for Teens: CBT Skills to Heal from the Personal and Intergenerational Trauma of Racism," By Támara Hill
 - Intergenerational trauma, racism, & coping
 - "Turtles All the Way Down," By John Green
 - OCD, mental health conditions, & coping
- "Where to Start," By Mental Health America
 - Mental health conditions & coping