Children’s Books on Mental Health

Books on Worry
1. **Ruby Finds a Worry** by Tom Percival (E Percival)
2. **Wemberly Worried** by Kevin Henkes (E Henks)
3. **Way Past Worried** by Hallee Adelman (E Adelman)
4. **The don’t worry book** by Todd Parr (E Parr)
5. **Don’t worry Bear** by Greg Foley (E Foley)
6. **A Smart girl’s guide: Worry** by Judith Woodburn (j 155.904 WOODBURN)
7. **Beverly Billingsly borrows a book** by Alexander Stadler (E Stadler)
8. **Me and my fear** by Francesca Sanna (E Sanna)

Books on Sadness
1. **Way Past Sad** by Hallee Adelman (E Adelman)
2. **Remembering Grandpa** by Uma Krishnaswami (E Krishnaswami)
3. **Maybe Tomorrow?** by Charlotte Agell (E Agell)
4. **My friend is sad** by Mo Willems (Reader Willems)
5. **When sadness is at your door** by Eva Eland (E Eland)
6. **Many Shapes of clay** by Kenesha Sneed (E Sneed)
7. **Sometimes when I’m sad** by Deborah Serani (j 618.928 SERANI)
8. **The Science of breakable things** by Tae Keller (j KELLER)
9. **What to do when you’re sad and lonely** by James Christ (j 152.46 CRIST)
10. **The red tree** by Shaun Tran (E Tan)

Other Mental Health topics

1. **Bipolar disorder** by Hilary Poole (j 616.895 POOLE)
2. **A terrible thing happened** by Margaret Holmes (E Holmes) Parenting collection
3. **Smaller Sister** by Maggie Willis (j Smaller Sister)
   Graphic Novel Collection
4. **I eat when I’m sad** by Rae Simons (j 616.852 SIMONS)
5. **Just roll with it** by Lee Durfey-Lavoie (j Just Roll V1 Graphic Novel)
6. **Save me a seat** by Sarah Weeks and Gita Varadarajan (j Weeks)
7. **My singing Nana** by Pat Mora (E Mora)
8. **Switch** by Ingrid Law (j Law)
9. **I said no!** by Zach and Kimberly King (j 362.76 King)
10. **Rissy no kisses** by Katey Howes (E Howes)

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