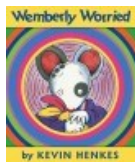


# Children's Books on Mental Health

## Books on Worry

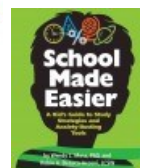
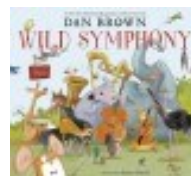


1. [Ruby Finds a Worry](#) by Tom Percival (E Percival)
2. [Wemberly Worried](#) by Kevin Henkes (E Henks)
3. [Way Past Worried](#) by Hallee Adelman (E Adelman)
4. [The don't worry book](#) by Todd Parr (E Parr)
5. [Don't worry Bear](#) by Greg Foley (E Foley)
6. [A Smart girl's guide: Worry](#) by 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)



## 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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## 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)



## Books on Self-esteem and Coping

1. [Perfectly Norman](#) by Tom Percival (E Percival)
2. [Wild Symphony](#) by Dan Brown (E Brown)
3. [School made easier](#) by Wendy Moss (j 371.302 MOSS)
4. [Master of Mindfulness](#) by Laurie Grossman (j 155.418 GROSSMAN)
5. [Being a dog](#) by Maria Gianferrari (E GIANFERRARI)
6. [Now](#) by Antoinette Portis (E Portis)