

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:

- **"Aaron Slater, Illustrator,"** By Andrea Beaty, illustrated by David Roberts
 - 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
 - ADHD
- **"Dark Cloud,"** By Anna Lazowski, illustrated by Penny Neville-Lee
 - Anxiety, worry, & sadness
- **"David and the Worry Beast: Helping Children Cope with Anxiety,"** By Anne Marie Guanci
 - Anxiety & worry
- **"Don't Feed the WorryBug,"** Written and illustrated by Andi Green
 - Anxiety & worry
- **"Ellie on the Mat,"** By Danielle Marie Price, illustrated by Nana Gonzales
 - Coping, mindfulness, & yoga
- **"Grow Happy,"** By Jon Lasser
 - 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
- **"Red: A Crayon's Story,"** By Michael Hall
 - 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
 - Feelings & resilience
- **"The Calm Workbook: A Kid's Activity Book for Relaxation and Mindfulness,"** By Imogen Harrison
 - Relaxation & mindfulness
- **"The Light She Feels Inside,"** By Gwendolyn Wallace
 - Feelings, community, & culture
- **"The Sour Grape,"** By Jory John
 - Feelings & resilience
- **"The Sun Is So Quiet,"** By Nikki Giovanni, illustrated by Ashley Bryan
 - Poems, nature, & inspiration
- **"The Way I Feel,"** 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
 - OCD
- **"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 Lai
 - 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 Unspiraling When OCD Gets Noisy,"** By Ben Sedley
 - OCD
- **"This Book Is a Safe Space: Cute Doodles and Therapy Strategies to Support Self-Love and Wellbeing,"** By Amy Tran
 - Coping & self-love
- **"The Science of Breakable Things,"** By Tae Keller
 - Depression, resilience, & coping
- **"You Are Enough! Your Guide to Body Image and Eating Disorder Recovery,"** By Jen Petro-Roy
 - Eating disorders & body image

High School:

- **"Ab(solutely) Normal: Short Stories That Smash Mental Health Stereotypes,"** By Nora Shalaway and Rocky Callen (Editors)
 - Mental health conditions & healing
- **"Challenger Deep,"** By Neal Shusterman
 - Mental health conditions
- **"Darius the Great Is Not Okay,"** By Adib Khorram
 - Depression
- **"[Don't] Call Me Crazy,"** By Kelly Jensen
 - Mental health conditions, stigma, & myths
- **"Hearts Unbroken,"** By Cynthia Leitich Smith
 - Social challenges, bullying, & race
- **"Hold Still,"** By Nina LaCour
 - Suicide, depression, & grief
- **"Home Home,"** By Lisa Allen-Agostini
 - 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

