



Galesburg Public Library
Children's Room

Depression and Anxiety

Children's books about depression and
anxiety



Picture Books

Willy and the Cloud

E BROWNE, ANTHONY

Calm with the Very Hungry Caterpillar

E CARLE, ERIC

This Beach is Loud!

E COTTERILL, SAMANTHA

When Sadness is At Your Door

E ELAND, EVA

Sad, Sad Bear!

E GEE, KIMBERLY

Leif and the Fall

E GRANT, ALLISON SWEET

Puppy in My Head: A Book About Mindfulness

E GRAVEL, ELISE

Lion is Worried

E GRAVES, SUE

Little Mouse's Big Book of Fears

E GRAVETT, EMILY

Noni is Nervous

E HARTT-SUSSMAN,
HEATHER

Wemberly Worried

E HENKES, KEVIN

What if, Pig?

E HUNTER, LINZIE

My Monster and Me

E HUSSAIN, NADIYA

Summer Camp Critter Jitters

E JOHN, JORY

Ready for Anything!

E KASZA, KEIKO

The Whatifs

E KILGORE, EMILY

Wherever You'll Be

E PRINCE GUTMAN,
ARIELLA

Michael Rosen's Sad Book

E ROSEN, MICHAEL

I Used to Be Afraid

E SEEGER, Laura Vaccaro

Don't Think About Purple Elephants

E WHELAN, SUSAN

Jack's Worry

E ZUPPARDI, SAM

Easy Readers

The Worry Monster

ER RIPPIN, SALLY

What About Worms!?

ER WILLEMS, MO

Testing the Waters

ER YOLEN, JANE

Chapter Books

Look at Lucy!

JFIC COOPER, ILENE

Five Things About Ava Andrews

JFIC DILLOWAY

Just Roll With It

JFIC DURFEY-LAVOIE, LEE
(GRAPHIC)

Louisa June and the Nazis in the Waves

JFIC ELLIOTT, L. M.

Living with Viola

JFIC FUNG, ROSENA
(GRAPHIC/NVL)

Joey Pigza Swallowed the Key

JFIC GANTOS, JACK

In Your Shoes

JFIC GEPHART, DONNA

Friends Forever

JFIC HALE, SHANNON
(GRAPHIC)

Buster

JFIC HUETT, CALEB

The Science of Breakable Things

JFIC KELLER, TAE

The Year We Fell From Space

JFIC KING, AMY S.

Love, Aubrey

JFIC LAFLEUR, Suzanne

The Thing I'm Most Afraid Of

JFIC LEVINE, KRISTIN

Drill Team Determination

JFIC MADDOW, JAKE

Better with Butter

JFIC PIONTEK, VICTORIA

Trowbridge Road

JFIC PIXLEY, MARCELLA

Trowbridge Road

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Stanley Will Probably Be Fine

JFIC PLA, SALLY

Naked Mole Rat Saves the World

JFIC RIVERS, KAREN

Karma Moon—Ghost Hunter

JFIC SAVAGE, MELISSA

The Anti-Book

JFIC SIMON, RAPHAEL

The Golden Hour

JFIC SMITH, NIKI
(GRAPHIC/NVL)

Justin Case: Shells, Smells, and the Horrible Flip Flops of Doom

JFIC VAIL, RACHEL

Anxious Adam Braves the Test

JFIC VENTURA, MARNE

Frazzled: Everyday Disasters and Impending Doom A Book About Depression
JFIC VIVAT, BOOKI J 616.8527/DUH

Nonfiction

Depression
J 616.8527/SPI

Follow Your Breath: A First Book About Mindfulness
J 152.4/RIT

Bipolar Disorder and Depression
J 616.895/GOL

The Worry (Less) Book
J 152.46/BRI

What to Do When You Worry Too Much
J 155.412/HUE

Sometimes I Feel Anxious
J 155.412/JAY

All About Anxiety
J 155.412/LEW

Feeling Nervous
J 155.4124/BUL

I Feel Anxious
J 155.4124/COO

Sad Isn't Bad
J 155.93/MUN



**GALESBURG PUBLIC
LIBRARY**

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